



## Champions Group Fitness Schedule

November 1, 2021

**Group Cycle:** Take the ride of your life; dim lights, great music and a private atmosphere sets the stage for our Cycling classes. Jumping, sprinting, jogging, hovering... sound like fun? Our instructors will lead you on a fun, motivated and energetic ride while still being appropriate for all fitness levels.

**Pedal & Pump:** Fusion of circuit and cycle.

**Circuit Challenge:** Bring your body to the next level with this circuit class. Little to no resting, heart rate stays at a cardiovascular level. Workout while incorporating weights and plyometrics. Take your workouts from "Good" to "Great".

**Shape and Sculpt:** Maximize the sculpting effect. Increase strength, endurance and flexibility using your own resistance. See the results 45 minutes can give you.

**Body Fit:** Get an all over body workout with this class. Cardio using the step, weights, body bars, plyometrics, intervals and more.

**SilverSneakers®: Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball offered for resistance, and a chair is used for seated and/or standing support.

**Instructor's Choice:** This class is 45 minutes of different class formats. It could be a circuit class, cardio, weights, intervals or even bootcamp. Get a great over all workout and something different every week.

**Kickboxing:** Feel Empowered! You will learn how to kick and punch your way to lower body fat, with leaner, stronger and more defined muscles. Using our self-standing kickboxing bags, the instructor will lead you through a workout that you will love and keep you coming back for more. May include a circuit.

**Sets & Reps:** Enjoy this weightlifting class that has a little Extra, using bars, plates, and dumbbells.

**Yoga:** This gentle yoga will help you relax, stretch, and make the mind body connection you are looking for. Done at your own level with modifications.

### Group Fitness Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Circuit Challenge Carol		Pedal & Pump Carol		
6:00 AM						Instructors Choice Carol
8:00 AM	Shape and Sculpt Mary Lou <i>Also Online</i>		Shape and Sculpt Mary Lou <i>Also Online</i>		Instructors Choice Lisa <i>Also Online</i>	
9:00 AM		Sets & Reps Karen <i>Also Online</i>		Sets & Reps Lisa <i>Also Online</i>		
10:00 AM	Silver Sneakers Cynthia <i>Also Online</i>	Yoga Kim <i>Also Online</i>	Silver Sneakers Gayle <i>Also Online</i>	Yoga Kim <i>Also Online</i>		
4:15 PM		Sets & Reps Angela		Sets & Reps Cynthia		
5:30 PM	Group Cycling Kate	Kickboxing Gayle				

Group Cycling Classes included in your membership, \$10.00 Non-Members  
**Sign up for Group Cycling Classes online through Champions Member Portal**  
 \$5.00 FEE for late cancellations (at least 2 hours prior) and No Shows

All classes are subject to cancellation due to lack of attendance.