



Champions Group Fitness Schedule

November 2022

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.

Beyond Sets & Reps: Get ready for a fat burning, muscle building workout. Work with a bench, weights, tubing & a mat for cardio & weightlifting.

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.

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	Instructors Choice Carol or Karen	
8:00 AM	Shape and Sculpt Mary Lou <i>Also Online</i>		Shape and Sculpt Mary Lou		Instructors Choice Karen <i>Also Online</i>	
9:00 AM	Pedal & Pump Karen	Beyond Sets & Reps Karen		Beyond Sets & Reps Lisa <i>Also Online</i>	Pedal & Pump Lisa	
10:00 AM	Silver Sneakers Amy	Yoga Kim <i>Also Online</i>	Silver Sneakers Lisa <i>Also Online</i>	Yoga Kim	Silver Sneakers Lisa	
4:15 PM		Beyond Sets & Reps Cynthia		Beyond Sets & Reps Cynthia		
5:30 PM	Group Cycle Sasha	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.