

# GROUP EXERCISE SCHEDULE

EFFECTIVE: May 1, 2023

Monday			Tuesday			Wednesday		
Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor	Time (a.m.)	Class	Instructor
5:15 - 6:15	501 CrossFit - 501 Floor	TBA	5:15 - 6:15	501 CrossFit - 501 Floor	TBA	5:15 - 6:15	501 CrossFit - 501 Floor	TBA
5:30 - 6:15	Sculpt	Sarah	5:15 - 6:15	Yoga (Vinyasa Flow)	Andrew	5:30 - 6:15	Sculpt	Sarah
7:30 - 8:15	Dynamic Mobility	Shaun	8:30 - 9:30	501 CrossFit - 501 Floor	TBA	7:30 - 8:15	Dynamic Mobility	Shaun
8:15 - 9:00	Group Cycling - CSt	Amy	9:00 - 9:55	AquaFit	Evelyn	8:15 - 9:00	Group Cycling - CSt	Amy
8:30 - 9:15	Kickboxing	Kelley	9:30 - 10:30	Legends - 501 Floor	Patti	8:30 - 9:15	Step	Kelley
8:30 - 9:30	501 CrossFit - 501 Floor	TBA	10:30 - 11:15	Hip Hop Cardio	Erin	8:30 - 9:30	501 CrossFit - 501 Floor	TBA
9:00 - 9:55	AquaFit	Lisa	11:30 - 12:15	Silver Sneakers - (Stretch Chair Yoga)	Lupe	9:00 - 9:55	AquaFit	Lisa
9:30 - 10:30	Circuit Training - Gym	Charla				9:30 - 10:30	Circuit Training - Gym	Charla
10:30 - 11:30	Legends - 501 Floor	Jenna				10:15 - 11:15	Yoga (Vinyasa Flow)	Lupe
11:30 - 12:15	Silver Sneakers - (Muscular Strength Range of Motion)	Sarah				10:30 - 11:30	Legends - 501 Floor	Lori
						11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
			<b>Time (p.m.)</b>					
			12:00 - 1:00	501 CrossFit - 501 Floor	TBA			
			4:30 - 5:30	501 CrossFit - 501 Floor	TBA	<b>Time (p.m.)</b>		
<b>Time (p.m.)</b>			5:30 - 6:25	Step	Kerry	12:00 - 1:00	501 CrossFit - 501 Floor	TBA
12:00 - 1:00	501 CrossFit - 501 Floor	TBA	5:30 - 6:30	501 CrossFit - 501 Floor	TBA	4:30 - 5:30	501 CrossFit - 501 Floor	TBA
4:30 - 5:30	501 CrossFit - 501 Floor	TBA	5:45 - 6:35	Group Cycling - CSt*	Laura	5:30 - 6:30	Cardio Sculpt	Kerry
5:30 - 6:25	Sculpt	Charla	6:30 - 7:15	Hip Hop Cardio	Whitney	5:30 - 6:30	501 CrossFit - 501 Floor	TBA
5:30 - 6:30	501 CrossFit - 501 Floor	TBA				6:30 - 7:30	Yoga (Yin)	Bridget
6:30 - 7:30	Yoga (Vinyasa Flow)	Bridget						

**Locations: 501 CrossFit - 501 Floor, Circuit Training - Gym, Group Cycling - CSt: Cycling Studio**

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of five participants to remain on the schedule. Each class must have at least three participants to be conducted.

\*Registration required.



# GROUP EXERCISE SCHEDULE

**EFFECTIVE: May 1, 2023**

<b>Thursday</b>			<b>Friday</b>			<b>Saturday</b>		
<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>	<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>	<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>
5:15 - 6:15	501 CrossFit - 501 Floor	TBA	5:15 - 6:15	501 CrossFit - 501 Floor	TBA	8:15 - 8:45	Sculpt	Kerry
5:15 - 6:15	Yoga (Vinyasa Flow)	Andrew	5:30 - 6:15	Circuit Training	Sarah	9:00 - 10:00	Step	Kerry
8:20 - 8:50	Burn30	Charla	7:30 - 8:15	Dynamic Mobility	Shaun	10:15 - 11:15	Yoga (Vinyasa Flow)	Lupe
8:30 - 9:30	501 CrossFit - 501 Floor	TBA	8:30 - 9:30	501 CrossFit - 501 Floor	TBA			
9:00 - 9:55	AquaFit	Evelyn	9:00 - 9:55	AquaFit	Nick			
9:30 - 10:30	Legends - 501 Floor	Patti	9:30 - 10:30	Circuit Training - Gym	Charla			
10:30-11:15	Hip Hop Cardio	Carissa	11:30 - 12:15	Silver Sneakers -  (Muscular Strength  Range of Motion)	Holly			
11:30 - 12:15	Silver Sneakers -  (Stretch Chair Yoga)	Lupe						
<b>Time (p.m.)</b>			<b>Time (p.m.)</b>					
12:00 - 1:00	501 CrossFit - 501 Floor	TBA	12:00 - 1:00	501 CrossFit - 501 Floor	TBA			
5:30 - 6:30	501 CrossFit - 501 Floor	TBA	4:30 - 5:30	501 CrossFit - 501 Floor	TBA			
5:30 - 6:30	Yoga (Vinyasa Flow)	Bridget						
5:45 - 6:35	Group Cycling - CSt*	Laura						

\*Registration required.

**Locations: 501 CrossFit - 501 Floor, Circuit Training - Gym, Group Cycling - CSt: Cycling Studio**  
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# GROUP EXERCISE CLASSES

## **501 CrossFit - 501 Floor**

501 Fit offers classes for people of all fitness levels, with an emphasis on functional movement. Our helpful coaches and friendly members will make for a great experience.

Workouts typically take an hour or less, and normally include a pre-workout with a strength or skill and a post workout with accessory work or stretching/mobility.

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **Burn30**

These circuit-based routines are designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. Come sweat and test your cardio and strength with us.

## **Circuit Training**

A variety of high intensity resistance training intervals mixed with light cardio intervals.

## **Dynamic Mobility**

This is your blueprint for better movement! This unique program is designed to give you the strength and flexibility that will set you free from joint and fascia pain allowing you to be more dynamic in any activity you choose from basic functionality to high performance athleticism.

## **Group Cycling - CST**

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates intensity of the ride so each participant can ride at their level.

## **Hip Hop Cardio**

It's hip, it's hot, it's the latest dance grooves set to the hottest music. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

## **Legends**

Developed with seniors in mind, the goal of this class is to improve participants' ability to perform daily living activities including sitting, standing, getting up from the ground, placing objects overhead and picking up items. All Legends classes will be led by 501Fit coaches.

## **Sculpt**

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength. Express = 30 minutes.

## **Silver Sneakers - Muscular Strength Range of Motion**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

## **Silver Sneakers - Stretch Chair Yoga**

This class moves your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Step**

A choreographed cardiovascular workout using a platform and risers. Sequences are introduced and developed as the class progresses.

## **Yoga - Vinyasa Flow**

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

## **Yoga - Yin**

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and thoracic spine to allow for stability in the low back and knees. Postures take place on the floor in a non-weight bearing manner and are held for longer periods of time to lengthen and strengthen connective tissues, restore energy, calm the nervous system and help in injury prevention and joint health.