



September 2019 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6:30AM - 7:00AM Cycle Studio</p>	<p>9:30AM - 10:00AM Cycle Studio</p>	<p>8:00AM - 8:45AM Group Fitness Room</p>	<p>9:00AM - 10:00AM Cycle Studio</p>	<p>6:30AM - 7:00AM Cycle Studio</p>	<p>Couch to 5K 8:00AM - 8:45AM Outdoors</p>	
<p>8:30AM - 9:30AM Group Fitness Room</p>	<p>11:00AM - 12:00PM Group Fitness Room</p>	<p>9:00AM - 10:00AM Group Fitness Room</p>	<p>11:00AM - 12:00PM Group Fitness Room</p>	<p>8:30AM - 9:30AM Group Fitness Room</p>	<p>Fitness Assessment Weekend Sep. 7th 9:00AM - 3:00PM Outdoors</p>	
<p>9:30AM - 10:00AM Cycle Studio</p>	<p>ONDEMAND 1:00PM - 3:30PM Group Fitness Room</p>	<p>11:00AM - 12:00PM Group Fitness Room</p>	<p>ONDEMAND 1:00PM - 3:30PM Group Fitness Room</p>	<p>9:30AM - 10:00AM Cycle Studio</p>	<p>9:30AM - 10:30AM Group Fitness Room</p>	
<p>11:00AM - 12:00PM Group Fitness Room</p>	<p>4:00PM - 5:00PM Group Fitness Room</p>	<p>11:00AM - 11:50AM Cycle Studio</p>	<p>4:00PM - 5:00PM Group Fitness Room</p>	<p>10:00AM - 10:30AM Group Fitness Room</p>	<p>9:30AM - 10:30AM Cycle Studio</p>	
<p>11:00AM - 11:50AM Cycle Studio</p>	<p>Hip-Hop Step Class 5:05PM - 6:05PM Group Fitness Room</p>	<p>ONDEMAND 1:00PM - 3:30PM Group Fitness Room</p>	<p>Hip-Hop Step Class 5:05PM - 6:05PM Group Fitness Room</p>	<p>11:00AM - 11:50AM Cycle Studio</p>	<p>Virtual Reality Group Cycle 10:45AM - 11:25AM Cycle Studio</p>	
<p>ONDEMAND 1:00PM - 3:30PM Group Fitness Room</p>	<p>5:30PM - 6:30PM Cycle Studio</p>	<p>4:05PM - 4:35PM Group Fitness Room</p>	<p>5:30PM - 6:30PM Cycle Studio</p>	<p>11:00AM - 11:45AM Group Fitness Room</p>		
<p>4:05PM - 4:35PM Group Fitness Room</p>	<p>Couch to 5K 6:00PM - 6:45PM Outdoors</p>	<p>4:40PM - 5:10PM Group Fitness Room</p>	<p>Couch to 5K 6:00PM - 6:45PM Outdoors</p>	<p>12:30PM - 1:30PM Group Fitness Room</p>		
<p>4:40PM - 5:10PM Group Fitness Room</p>	<p>6:35PM - 7:35PM Group Fitness Room</p>	<p>5:30PM - 6:30PM Group Fitness Room</p>	<p>6:35PM - 7:35PM Group Fitness Room</p>			
<p>5:30PM - 6:30PM Group Fitness Room</p>		<p>5:30PM - 6:30PM Cycle Studio</p>				
<p>5:30PM - 6:30PM Cycle Studio</p>		<p>Bulldog Fit Camp 6:30PM - 7:30PM Group Fitness Room</p>				
<p>Bulldog Fit Camp 6:30PM - 7:30PM Group Fitness Room</p>						



A 6-week/18-session course high intensity class that will keep your muscles guessing each time. This incorporates bootcamp elements that include mostly compound movements, cardio and functional lifts. 4-Week course meeting twice a week \$30 for Members/ \$35 for Non-Members



A live instructor-led cycling session. This class focuses on muscle and aerobic endurance as well as lower body strength training. Incorporating elements of HIIT, expect your heart rate and sweat levels to skyrocket!



A Barbell-centered lifting class. This routine uses weights, steps and risers to give you an hour of strength training focused primarily on muscle endurance.

Couch to 5K

Group outdoor training with coaching by a certified running instructor. PERFECT for anyone training for the Deer Dash!!! \$50 for Members and Non-Members

Fitness Assessment Weekend Sep. 7th

We plan to have Dexabody back out with their mobile Dexascan unit and will also provide Functional Movement Systems mobility and balance screenings.

Hip-Hop Step Class

An hour-long "Step it Up" Hip-Hop Aerobic step class with instructor, Erica Lawrence. Come ready to move and sweat!



An hour long block of time dedicated to those training for physique and bodybuilding shows to work on their posing and stage presence,



ROMWOD stands for Range Of Motion Workout Of The Day. It is a streaming service that provides daily videos designed to increase range of motion, optimize athletic performance, and promote recovery, healing, and longevity.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



The original barbell workout for anyone looking to get lean, toned and fit - fast.

Virtual Reality Group Cycle

This is a 40-minute group cycle class filled with so many engaging sights and turns that you'll feel as if you're truly outside!



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



Zumba is a combination of choreographed dancing and aerobics set to upbeat music spanning multiple genres. If you're looking for a way to sweat AND have fun, then this is the class for you!



(706) 418-5901

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Schedule