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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Monday Move</b> 9:00AM - 9:45AM Group Fitness Room	 9:30AM - 10:00AM Cycle Studio	 <i>Morning Yoga</i> 8:00AM - 8:45AM Group Fitness Room	 9:00AM - 10:00AM Cycle Studio	 9:00AM - 9:45AM Group Fitness Room	 9:00AM - 10:30AM Group Fitness Room	
 9:30AM - 10:00AM Cycle Studio	<b>Walking Club</b> 9:30AM - 10:30AM Thomas Persons Hall	 <b>Bulldog Pump</b> 9:00AM - 10:00AM Group Fitness Room	<b>Walking Club</b> 9:30AM - 10:30AM Thomas Persons Hall	 9:30AM - 10:00AM Cycle Studio	 9:00AM - 10:00AM Cycle Studio	
 10:00AM - 10:45AM Group Fitness Room	 11:00AM - 12:00PM Group Fitness Room	 10:00AM - 11:00AM Group Fitness Room	 11:00AM - 12:00PM Group Fitness Room		<b>Virtual Cycle</b> 10:00AM - 10:45AM Cycle Studio	
 11:00AM - 12:00PM Group Fitness Room	<b>Hip-Hop Step Class</b> 5:05PM - 6:05PM Group Fitness Room	 11:00AM - 12:00PM Group Fitness Room	 <b>Posing Practice</b> 4:00PM - 5:00PM Group Fitness Room			
 4:40PM - 5:10PM Group Fitness Room	 <i>Bulldog Group Cycle</i> 5:30PM - 6:30PM Cycle Studio	 4:40PM - 5:10PM Group Fitness Room	<b>Hip-Hop Step Class</b> 5:05PM - 6:05PM Group Fitness Room			
 5:30PM - 6:30PM Group Fitness Room	 <i>Serenity Yoga</i> 6:35PM - 7:35PM Group Fitness Room	 5:30PM - 6:30PM Group Fitness Room	<b>Virtual Cycle</b> 5:30PM - 6:15PM Cycle Studio			
 <i>Bulldog Group Cycle</i> 5:30PM - 6:30PM Cycle Studio		 <i>Bulldog Group Cycle</i> 5:30PM - 6:30PM Cycle Studio	 <i>Serenity Yoga</i> 6:35PM - 7:35PM Group Fitness Room			
<b>Bulldog Fit Camp</b>  6:30PM - 7:30PM Group Fitness Room		<b>Bulldog Fit Camp</b>  6:30PM - 7:30PM Group Fitness Room				

## **Bulldog** **Fit Camp**



A 4-week/8-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.

### **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!

### **Monday Move**

A circuit style group class with Penelope. Expect everything from medicine ball slams to battle ropes and everything in between. Perfect for all fitness levels.



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.



### **Serenity Yoga**

Serenity Yoga links breathing techniques with poses and movement to create strength, flexibility, endurance and balance. Poses are taught, practiced and modified for each person to find success.



Do you like fast-paced challenging workouts that are done in 30 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

### **Walking Club**

Walking club @Westview Cemetery. Park at Thomas Persons Hall



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

# March 2020 Group Fitness Schedule