

# Focused Fitness: Specialty Small Group Class Schedule

effective: October 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:15 a.m. HIIT 360 Libby Synrgy 360					
7-7:50 a.m. TRX Training Jesse TRX				7-7:50 a.m. TRX and Toys Diana TRX		
7-7:50 a.m. SwimFit Peter West Pool	8-8:50 a.m. Stretch & Springs Valerie Pilates Studio				8-8:55 a.m. ABC Peter Synrgy 360	
9:15-10:10 a.m. Fluidity Barre Erikka Studio 2		9:15-10:10 a.m. Fluidity Barre Shannon* Studio 2		9:15-10:10 a.m. Fluidity Barre Kate Studio 2		<b>*NEW*</b> 9-9:50 a.m. ABC Mary Functional Zone East
12:30-1:20 p.m. Aqua Pilates Tonna East Pool			12-12:50 p.m. SwimFit Peter West Pool		11:30 a.m.- 12:20 p.m. Stretch & Springs Joe Pilates Studio	
				1-1:50 p.m. Aqua Pilates Autumn East Pool		
		4:30-5:20 p.m. TRX Training Jackie* TRX				
<b>*NEW TIME*</b> 6 - 6:50 p.m. TRX and Toys Jackie TRX	6-6:55 p.m. ABC Peter Synrgy 360	6-6:50 p.m. Stretch & Springs Valerie Pilates Studio	6-6:55 p.m. ABC Peter Synrgy 360			
	6-6:50 p.m. Stretch & Springs Joe Pilates Studio		7-7:50 p.m. Stretch & Springs Joe Pilates Studio			

\*All new additions and changes to the previous version of the Group Fitness class schedule are marked with a star.

All of the classes on this schedule are part of the Focused Fitness Program. Payment and reservations are required. For more information or to sign up for a class visit <https://galterlifecenter.org/focused-fitness>

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS



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## Class Descriptions:

**Aqua Pilates** - Increase flexibility while challenging yourself to maintain core stabilization, balance and postural alignment in the healing environment of warm water.

**ABC: All Body Conditioning** - This circuit workout is created to challenge your body while increasing your strength and muscle tone with easily adaptable exercises on the Synrgy 360.

**Fluidity® Barre** - Create long, lean muscles using the ballet barre, bands and balls to improve functional flexibility and strengthen your whole body. Effective for all ages and fitness levels – beginner, intermediate and advanced modifications for every exercise.

**HIIT 360** - This high intensity interval training workout will combine strength and cardio exercises for an efficient, challenging workout. Utilizing the Synrgy 360 participants will perform high intensity effort and active recover bouts that are designed to improve metabolic function, muscle strength and endurance, power, speed and agility.

**Stretch and Springs** - This class incorporates traditional Pilates mat work with an emphasis on stretching and using the Pilates springs. Release tightness in the hips to help the body perform the exercises with greater ease.

**SwimFit** - This class is an interval based swimming workout! It is for anyone who has a basic understanding of swimming and is looking to increase endurance, improve stroke and build on your current abilities. Ideal for anyone who wants to swim under the guidance of an instructor, but is not quite ready to join the Masters Swim Team.

**Tread and Shred** - An instructor led cardio and strength interval training class that will leave you sweating out the calories. You will quickly alternate between the treadmill and strength exercises to take your calorie burn to the max!

**TRX Training** - The TRX Suspension Trainer is a versatile tool that requires the entire body to be used as an integrated system, building strength, balance, core stability and flexibility.

**TRX and Toys** - This TRX class will incorporate other equipment (kettlebells, Rip Trainer, BOSU, Vipr, etc) into the mix to improve overall fitness by adding variety and fun.



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