

GROUP EX SCHEDULE

FALL - Revision November 1, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30am Cycle + Core Ex Brad Spin	5:45-6:30am Strength & Core Sue Group Ex	5:45-6:30am Cycle Brad Spin	5:45-6:30am TRX Jodi Group Ex	5:45-6:30am Strength + Core Lindsey Group Ex	<div>NEW</div> 8:30-9:15am Cycle Michael Spin
8:30-9:15am Aqua Fit Lindsey Pool	8:30-9:15am Aqua Fit Cara Pool	5:45-6:30am Pilates Sculpt Sue Group Ex	7:15-8am Cycle Faith Spin	8:30-9:15am Cycle Faith Spin	<div>NEW</div> 8:30-9:20am Saturday Circuits Lindsey Group Ex
8:30-9:20am Barre Cara Group Ex	8:30-9:20am Zumba Gold Tone Melissa Gym	8:30-9:15am Aqua Fit Melissa Pool	8:30-9:15am Aqua Fit Faith Pool	8:30-9:15am Aqua Fit Amy Pool	8:30-9:20am Zumba Mercedes Gym
9:30-10:25am Strength & Core Cara Gym	8:30-9:25am Warrior Sculpt Lisa H Group Ex	<div>NEW</div> 8:30-9:15am Cycle Faith Spin	8:30-9:20am Zumba Gold Melissa Gym	8:30-9:20am Barre Lisa P Group Ex	<div>NEW</div> 9:30-10:30am Yoga Flow Sandi Mind/Body
9:30-10:30am Gentle Yoga Mindi Mind/Body	9:30-10:25am Step Cara Gym	8:30-9:20am Pilates HIIT Cara Group Ex	<div>NEW</div> 8:30-9:20am Body Sculpt Lisa H Group Ex	9:30-10:20am TRX MIX Faith Group Ex	9:30-10:20am Warrior Sculpt Lisa H Group Ex
10:30-11:20am Sets & Reps Amy Group Ex	9:30-10:30am Yoga Flow Steve Mind/Body	9:30-10:25am Strength & Core Lisa H Gym	9:30-10:25am Cardio Strength Cara Gym	9:30-10:25am Strength & Core Amy Gym	12:30-1:30pm Tai Chi Ken Group Ex
11:30am-12:20pm Strong & Steady Marian Group Ex	9:35-10:20am Strength + Mobility Lindsey Group Ex	10:30-11:20am Stamina Strength Balance Ellen Group Ex	9:30-10:30am Slow Flow Yoga Lisa H Mind/Body	10:30-11:20am Pilates Ellen Group Ex	
5-5:45pm Strength & Core Jodi Group Ex	10:30-10:55am Pilates Core Express Ellen Group Ex	5-5:45pm AMRAP Adam Group Ex	10:30-11:20am Dance Fusion Mindi Group Ex	4-5pm Community Yoga* Rotation** Mind/Body	
5:45-7pm Vinyasa Yoga Lisa H Mind/Body	11-11:45am Barre Ellen Group Ex	6-7:15pm Vin-Yin Yoga Steve Mind/Body	11:30am-12:20pm Strong & Steady Marian Group Ex		
6-6:50pm Zumba Mercedes Group Ex	5-5:45pm TRX Michael Group Ex	6:30-7:20pm WERQ Kelly Group Ex	5-5:45pm Strength + Core Michael Group Ex		
	6-7pm Restorative Sound Bath Marian Mind/Body		6-6:50pm WERQ Michelle Group Ex		
					<div>SUNDAY</div> 8-8:45am Cycle Brad Spin

	Group Ex Studio
	Mind/Body Studio
	Spin Studio
	Gymnasium - Court 1
	Indoor Pool

*Free yoga class open to both members and non-members

**Instructors will rotate based on availability. Weekly updates provided on the website and the email blast.

Group Ex Class Descriptions

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Experience the ultimate blend of cardio, strength, and core exercises, packed into efficient 3-minute bursts of high-intensity cardio, 2-minute strength challenges, and 1-minute core blocks that will redefine your limits and reshape your body.

AMRAP
Experience a full-body workout aimed at improving exercise efficiency, promoting fatigue mastery, and maximizing fitness results in a time-efficient circuit format. AMRAP = As Many Rounds As Possible.

Aqua Fit
Challenge the dynamics of your aqua workout with low-impact segments of cardio and resistance training using intervals and water approved equipment. Improves all areas of physical fitness, including muscle toning, cardiovascular conditioning, and flexibility.

Barre
Develop balance and strength through a fusion of ballet, Pilates, yoga, and core exercises, using the bar for support, suitable for all fitness levels.

Body Sculpt
A total-body conditioning class that blends strength and cardio for a fun, rhythmic workout. You’ll move through blocks of high-rep, light-weight training followed by bodyweight cardio bursts set to the beat of energizing music.

Cardio Strength
Boost your metabolism and build lean muscle with a combination of strength training and cardio exercises using diverse equipment for a dynamic workout.

***Community Yoga—Fridays 4pm**
Experience the beauty of our Mind/Body Studio overlooking The Preserve of Highland Park while connecting with the community in this free yoga class open to all. Instructors will rotate based on availability, each offering their own welcoming, all-levels flow. Weekly instructor schedules will be updated on our website.

Cycle/Cycle Core
Push your cardio endurance with a cycling class that combines strength-building and interval training, tailored with adjustable resistance and intensity for all levels. + Core class will move into an alternate studio for a variety of core strength exercises.

Dance Fusion
Move, groove, and have fun in this energizing dance class! Easy-to-learn choreography, line dancing, and lead/follow styles blend with repeatable moves inspired by jazz, funk, hip hop, R&B, and pop. No dance background needed—just bring your energy, good vibes, and find the beat.

Foundations Flow
Build confidence and strength as you learn the foundations of yoga. This gentle vinyasa-inspired class blends breath, body awareness, and core connection to help you move with ease and revive your spirit. Perfect for beginners or anyone ready to return to the basics with fresh energy.

Gentle Yoga
Participate in a restorative yoga class that focuses on gentle movements and breathing to relieve stress, increase flexibility, and strengthen the body with minimal joint strain.

Pilates
Follow a structured Pilates class focusing on core stability, flexibility, and controlled movement, using props to enrich the exercises and enhance physical health.

Pilates Core Express
Focus on targeting your core muscles through a series of dynamic movements designed to improve strength, stability, posture, breath, and alignment. Ideal for any fitness level.

Pilates HIIT
This class is designed to challenge your body in new ways, Pilates principle and various equipment to push your limits and sculpt a leaner, stronger physique. Perfect for those looking to intensify their fitness routine while maintaining the alignment.

Pilates Sculpt
Integrate the disciple of Pilates followed by a series of high-intensity blocks with Pilates core training, utilizing light resistance to strengthen muscles and increase flexibility in a comprehensive workout.

Restorative Sound Bath
Unwind in a deeply calming experience where soothing sounds and gentle vibrations guide you into total relaxation. This restorative practice encourages stress release, inner balance, and a renewed sense of peace—all without effort, just rest and receive.

Saturday Circuits
Participate in a total body strength and endurance class for the weekend warrior within. Using a variety of equipment dedicated to our Group Ex Studio each class will bring a circuit style challenge using our functional training and strength studio equipment suitable for all fitness levels.

Sets & Reps
Engage in a basic strength training class that targets specific muscle groups through straightforward sets and reps, with modifications available to accommodate all participants.

Slow Flow Yoga
Connect movement and breath in a slow-paced yoga class that encourages stillness and relaxation, aiding in stress relief and natural healing.

Stamina, Strength, & Balance
Specifically tailored for active older adults, this class is structured into 20 minutes of movement to enhance stamina, 20 minutes of strength training with weights to build muscle, and 10 minutes of balance exercises to strengthen the core. This format is designed to improve overall fitness comprehensively.

Step
Boost your cardiovascular fitness with a step class that combines choreography and group motivation for a high energy, calorie burning and mind challenging effective workout.

Strength & Core
Participate in a total body strength class focusing on building lean muscle and core strength using varied exercises and equipment, suitable for all fitness levels.

Strength + Mobility
Train your body to move better by combining strength and mobility work in one efficient class. You’ll build muscle, improve joint range of motion, and enhance balance and stability—all essential for staying strong, pain-free, and active in everyday life.

Strong & Steady
Build balance, improve posture, increase and maintain muscle mass in a supportive class. Using various props such as bands, blocks, chairs and the barre, you’ll strengthen and stretch your body while moving with mindful awareness. Class ends with seated breathwork and guided meditation to reduce anxiety and leave you feeling grounded, empowered, and restored.

TRX
Utilize the TRX Suspension Trainer to leverage gravity and the user’s body weight to perform a range of exercises that build strength, balance, flexibility, and core stability in a safe and effective manner for all ages.

TRX MIX
Experience a mixed format that combines TRX with various studio equipment, providing a novel and challenging workout focusing on strength and endurance.

Vinyasa Yoga
Engage in a creative and varied Vinyasa yoga class where poses are fluidly linked with breath, offering a dynamic and adaptable yoga experience.

Vin-Yin Yoga
Experience the combination of energetic Vinyasa flows and calming Yin yoga in a class that balances active movements with restorative poses to rejuvenate both body and mind.

Warrior Sculpt
Blend mind-body fitness with high-intensity conditioning in a class that incorporates weights to enhance strength and stamina, adaptable for various fitness levels.

WERQ
Dance to the latest music hits in a high-energy class that combines fun dance steps with fitness, cuing you through routines that are as enjoyable as they are energizing.

Yoga Flow
Connect breath with movement through a dynamic series of poses designed to build strength, flexibility, and balance. Each class offers seamless transitions that create a moving meditation, helping you find focus and calm. Perfect for all levels, this practice leaves you energized, centered, and ready to flow through your day.

Zumba
Experience a festive workout with Zumba, where dance meets fitness in routines set to upbeat salsa and international music, enhancing cardiovascular health in a party-like atmosphere.

Zumba Gold/Zumba Gold Tone
Join a lower-intensity Zumba class designed for active older adults, focusing on easy-to-follow dance moves that improve balance and coordination, with a toned version incorporating light weights.