

# GROUP EX SCHEDULE

January 2026

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

\*Free yoga class open to both members and non-members. Instructors will rotate. Weekly updates provided on the website and the email blast.

SATURDAY	SUNDAY
8:30-9:15am <b>Cycle</b> Michael   Spin	8:30-9:15am <b>Cycle</b> Brad   Spin
8:30-9:20am <b>Saturday Circuits</b> Lindsey   Group Ex	9-9:55am <b>3 - 2 - 1</b> Cara   Gym
8:30-9:20am <b>Zumba</b> Mercedes   Gym	9-10am <b>Foundations Flow</b> Marian   Mind/Body
9:30-10:30am <b>Yoga Flow</b> Sandi   Mind/Body	10-10:50am <b>WERQ</b> Lisa P   Group Ex
9:30-10:20am <b>Warrior Sculpt</b> Lisa H   Group Ex	
12:30-1:30pm <b>Tai Chi</b> Ken   Group Ex	

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



PARK FITNESS



Scan for subs and updates!

# Group Ex Class Descriptions

## 3 - 2 - 1

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.

## Aqua Dance Party

Aqua Dance Party is a high-energy, feel-good workout that blends easy-to-follow dance moves with the natural resistance of the water. Set to upbeat music you know and love, this class delivers cardio, coordination, and core work.

## 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 discipline 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.

## 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.