

ATC FITNESS - GROUP EXERCISE SCHEDULE - 6 MILE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
600AM	CYCLE 45 CYCLE RM CAITLIN					600AM	CYCLE 45 CYCLE RM CAITLIN						
900AM	HIIT/BARRE MAIN RM DONNI	900AM	BARBELL PLUS MAIN RM RONEE	900AM	STEP STRNGTH MAIN RM KAREN	900AM	STEP & SCULPT MAIN RM IVY	900AM	ZUMBA MAIN RM KAREN	900AM	BUTTS & GUTTS MAIN RM IVY	800AM	BODY COMBAT MAIN RM KAREN
900AM	CYCLE 45 CYCLE RM IVY	900AM	CYCLE 45 CYCLE RM IVY	900AM	CYCLE 45 CYCLE RM ALLYSON	900AM	CYCLE 45 CYCLE RM ALLYSON	900AM	CYCLE 45 CYCLE RM CAITLIN	1000AM	CYCLE 45 CYCLE RM IVY	900AM	BODY PUMP MAIN RM KAREN
1000AM	CARDIO DANCE MAIN RM IVY	1000AM	ZUMBA MAIN RM ANA	1000AM	BODY PUMP MAIN RM KAREN	1000AM	ZUMBA MAIN RM ANA	1000AM	BODY COMBAT MAIN RM KAREN	1000AM	ZUMBA MAIN RM LAURELLE	1000AM	BODY FLOW MAIN RM KAREN
1100AM	BODY PUMP MAIN RM DONNI	1100AM	YOGA MAIN RM RONEE	1100AM	BODY COMBAT MAIN RM KAREN			1100AM	BODY PUMP MAIN RM KAREN	1100AM	YOGA MAIN RM RONEE	1100AM	ZUMBA MAIN RM JUSTIN
12PM	SILVER SNEAK MAIN RM CYNTHIA			12PM	SILVER SNEAK MAIN RM CYNTHIA			12PM	SILVER SNEAK MAIN RM CYNTHIA				
530PM	BODY COMBAT MAIN RM KAREN	530PM	CYCLE 45 CYCLE RM EDMOND	530PM	BODY PUMP MAIN RM KAREN	530PM	CYCLE 45 CYCLE RM CANDI						
630PM	ZUMBA MAIN RM MIRASOL	630PM	ZUMBA MAIN RM CELESTE	630PM	ZUMBA MAIN RM LARISSA	630PM	ZUMBA MAIN RM LORI	630PM	ZUMBA MAIN RM MIRASOL				

ROOM COLOR KEY:
 RED = CYCLE ROOM
 BLUE = MAIN GEX ROOM

CLASS SIGN-UP REQUIREMENTS:

- AS OF 5/5/21 THERE ARE NO LONGER PARTICIPATIONS LIMITS DUE TO COVID.
- ALL PARTICIPATION IS "FIRST COME, FIRST SERVE".
- MAX CLASS SIZE MAY VARY DUE TO TYPE OF CLASS.
- PLEASE ARRIVE EARLY IF POSSIBLE.



**SCHEDULE
 REVISED 7/9/21**

Visit www.aroundtheclock.fitness for Class Descriptions

Contact for Questions: Scott Meyer (scott.meyer@atcfitness.org)

GEX CLASS DESCRIPTIONS:

BARBELL - SEE BARBELL PLUS DESCRIPTION AND REMOVE THE CARDIOVASCULAR ELEMENTS OF THE WORKOUT FOR A GREAT FULL BODY MUSCLE TONING CLASS.

BARBELL PLUS - LIGHT TO MODERATE WEIGHT TRAINING COMBINED WITH CARDIOVASCULAR MOVEMENTS FOR AN ALL AROUND FULL BODY WORKOUT.

BODY COMBAT (*LES MILLS PROGRAM*) - AN EMPOWERING CARDIO WORKOUT WHERE YOU USE MARTIAL ARTS MOVEMENTS WHICH DRAWS FROM A WIDE VARIETY OF STYLES INCLUDING, KARATE, KICKBOXING, BOXING, AS WELL AS OTHER FORMS. THE MUSIC AND MOVEMENTS CHANGE EVERY 12 WEEKS.

BODY FLOW (*LES MILLS PROGRAM*) - SEE YOGA DESCRIPTION AND INCLUDE PILATES AND TAI CHI MOVEMENTS TO COMBINE TO GIVE YOU A SOOTHING YET CHALLENGING WORKOUT WITH THESE MOVEMENTS. GREAT TONING AND DEFINITION OF MUSCLE. THE MUSIC AND MOVEMENTS CHANGE EVERY 12 WEEKS.

BODY PUMP (*LES MILLS PROGRAM*) - A UNIQUE, FUN, AND RESULT ORIENTED WAY TO INCREASE YOUR STRENGTH & ENDURANCE. THIS HIGH ENERGY CLASS IS SET TO MUSIC AND COREOGRAPHED BARBELL MOVEMENTS DESIGNED TO TIGHTEN & TONE YOUR BODY. THE MUSIC AND MOVEMENTS CHANGE EVERY 12 WEEKS.

BUTTS & GUTTS - WEIGHT TRAINING WHICH FOCUSES ON TIGHTENING, TONING, AND BUILDING YOUR LEGS, GLUTES, AND CORE (LOW BACK/ABDOMINALS) BY USING BARBELL, DUMBELL, AND BODYWEIGHT MOVEMENTS.

CARDIO DANCE - COMBINATION OF SEVERAL DIFFERENT FORMS OF DANCE INTEGRATED INTO A CREATIVE, FUN, AND HIGH ENERGY CARDIO WORKOUT.

CYCLE 45 - PROVIDES A 45 MIN FITNESS JOURNEY FOR ALL LEVELS THAT TAKES THE TRAINING PRINCIPLES OF BICYCLE RACING, TO THE INDOORS, AND BLENDS THEM WITH A MIND/MUSCLE CONNECTION PROVIDING AN AEROBIC WORKOUT THAT ENCOURAGES YOU TO FIND THE CHAMPION WITHIN.

HIIT/BARRE - COMBINES THE HIGH INTENSITY INTERVAL TRAINING CARDIO/STRENGTH PHASE WITH A SECTION FOR WORKING TO BUILD LONG, LEAN, AND SCULPTED MUSCLE.

STEP & SCULPT - LOW TO MID INTENSITY STEP COMBINATIONS, WITH TONING OF SPECIFIC MUSCLE GROUPS WITH EXERCISES SUCH AS PILATES, BODYWEIGHT, DYNAMIC STRETCHING AND OTHERS - INSTRUCTORS CHOICE.

STEP STRENGTH - COMBINES THE BASIC CARDIO MOVEMENTS OF STEP TRAINING TO HELP STRENGTH YOUR CARDIOVASCULAR & MUSCLE STRENGTH & ENDURANCE

YOGA - SOUND MIND AND SOUND BODY IS THE MAIN GOAL OF YOGA WORKOUTS. DIFFERENT STRETCHING AND BODYWEIGHT POSES ARE INCLUDED IN YOGA CLASSES. THESE MOVEMENTS COMBINE TO FLOW SEAMLESSLY THROUGH THE WORKOUT IN A DE-STRESSFUL ENVIRONMENT - NAMESTE!

ZUMBA - THIS SPECIAL CLASS IS A FUSION OF LATIN & INTERNATIONAL MUSIC-DANCE THEMES CREATING A DYNAMIC, EXCITING, AND EFFECTIVE FITNESS SYSTEM. ZUMBA UTILIZES THE PRINCIPLES OF FITNESS INTERVAL TRAINING & RESISTANCE TRAINING TO MAX CALORIC OUTPUT, FAT BURNING AND TOTAL BODY TONING.