

ATC FITNESS - GROUP EXERCISE SCHEDULE - 6 MILE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
900AM MAIN RM	HIIT/BARRE DONNI	900AM MAIN RM	BARBELL PLUS RONEE	900AM MAIN RM	STEP STRNGTH KAREN	900AM MAIN RM	STEP & SCULPT IVY	900AM MAIN RM	BALL-ISTIC KAREN	900AM MAIN RM	BUTTS & GUTTS IVY	800AM MAIN RM	BODY COMBAT KAREN
900AM CYCLE RM	CYCLE 45 IVY	900AM CYCLE RM	CYCLE 45 IVY	900AM CYCLE RM	CYCLE 45 ALLYSON	900AM CYCLE RM	CYCLE 45 ALLYSON	900AM CYCLE RM	CYCLE 45 IVY	1000AM CYCLE RM	CYCLE 45 IVY	900AM MAIN RM	BODY PUMP KAREN
1000AM MAIN RM	CARDIO DANCE IVY	1000AM MAIN RM	YOGA RONEE	1000AM MAIN RM	BODY PUMP KAREN	1000AM MAIN RM	BUTTS & GUTTS IVY	1000AM MAIN RM	BODY COMBAT KAREN	1000AM MAIN RM	ZUMBA LAURELLE	1000AM MAIN RM	BODY FLOW KAREN
1100AM MAIN RM	BODY PUMP DONNI	1100AM MAIN RM	ZUMBA ANA	1100AM MAIN RM	BODY COMBAT KAREN	1100AM MAIN RM	ZUMBA ANA	1100AM MAIN RM	BODY PUMP KAREN	1100AM MAIN RM	YOGA RONEE	1100AM MAIN RM	ZUMBA JUSTIN
12PM MAIN RM	SILVER SNEAK CYNTHIA			12PM MAIN RM	SILVER SNEAK CYNTHIA			12PM MAIN RM	SILVER SNEAK CYNTHIA				
		530PM CYCLE RM	CYCLE 45 CHRISTOPHER			530PM CYCLE RM	CYCLE 45 CANDI						
530PM MAIN RM	BODY COMBAT KAREN	530PM MAIN RM	BODY FLOW KAREN	530PM MAIN RM	BODY PUMP KAREN	530PM MAIN RM	BODY FLOW KAREN						
630PM MAIN RM	ZUMBA MIRASOL	630PM MAIN RM	ZUMBA SABINE	630PM MAIN RM	LA BLAST TRACY COX	630PM MAIN RM	ZUMBA MIAH	630PM MAIN RM	ZUMBA MIRASOL				

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

(ALL CLASSES ARE APPROX. 45-50 MIN)

CLASS SIGN-UP REQUIREMENTS:

- ALL PARTICIPATION IS "FIRST COME, FIRST SERVE".
- MAX CLASS SIZE MAY VARY DUE TO TYPE OF CLASS.
- PLEASE ARRIVE EARLY IF POSSIBLE.
- IF YOU ARE NEW TO ANY CLASS PLEASE ALERT THE INSTRUCTOR PRIOR TO CLASS STARTING.



**SCHEDULE
REVISED 1/17/22**

Visit www.aroundtheclock.fitness for Class Descriptions

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

GEX CLASS DESCRIPTIONS:

BALL-ISTIC - MEDIUM INTENSITY CLASS THAT WORKS YOUR CORE, MUSCLE STRENGTH, BALANCE, AND AGILITY BY UTILIZING STABILITY BALLS, PILATES BALLS, BOSU BALLS PLUS RESISTANCE WORK WITH BANDS & WEIGHTS. GREAT FOR NOVICE TO ADVANCED...COME HAVE A "BALL" IN THIS CLASS!

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.