

ATC FITNESS - GROUP EXERCISE SCHEDULE - 6 MILE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
900AM MAIN RM	HIIT/BARRE STACY M	900AM MAIN RM	BARBELL PLUS RONEE	900AM MAIN RM	STEP STRNGTH KAREN S.	900AM MAIN RM	STEP & SCULPT IVY	900AM MAIN RM	BALL-ISTIC KAREN S.	900AM MAIN RM	BUTTS & GUTTS IVY	800AM MAIN RM	BODY COMBAT KAREN S.
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 S.
1000AM MAIN RM	CARDIO DANCE IVY	1000AM MAIN RM	YOGA RONEE	1000AM MAIN RM	BODY PUMP KAREN S.	1000AM MAIN RM	BUTTS & GUTTS IVY	1000AM MAIN RM	BODY COMBAT KAREN S.	1000AM MAIN RM	ZUMBA CELESTE	1000AM MAIN RM	BODY FLOW KAREN S.
1100AM MAIN RM	BARBELL PLUS STACY M	1100AM MAIN RM	ZUMBA MIAH	1100AM MAIN RM	BODY COMBAT KAREN S.	1100AM MAIN RM	DANCE/TONE MIAH	1100AM MAIN RM	BODY PUMP KAREN S.	1100AM MAIN RM	YOGA RONEE	1100AM MAIN RM	ZUMBA SABINE
12PM MAIN RM	SILVER SNEAK CYNTHIA			12PM MAIN RM	SILVER SNEAK CYNTHIA			12PM MAIN RM	SILVER SNEAK CYNTHIA				
		530PM CYCLE RM	CYCLE 45 EDMUNDO			530PM CYCLE RM	CYCLE 45 CANDI						
530PM MAIN RM	BODY COMBAT KAREN S.	530PM MAIN RM	BODY FLOW KAREN S.	530PM MAIN RM	BODY PUMP KAREN S.	530PM MAIN RM	BODY FLOW KAREN S.						
630PM MAIN RM	ZUMBA MIRASOL	630PM MAIN RM	ZUMBA SABINE	630PM MAIN RM	ZUMBA/BLAST TRACY COX	630PM MAIN RM	ZUMBA MIAH	630PM MAIN RM	ZUMBA MIRASOL				

(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.



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

**SCHEDULE
REVISED 5/1/22**

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/BLAST - THIS DYNAMIC CARDIO CLASS WILL CONSIST OF 25 MIN ZUMBA MOVES AND 25 MIN LA BLAST DANCE MOVES FOR AN AWESOME CALORIE BURNER.

DANCE/TONE - THIS CLASS HAS ALL THE MAIN MOVES AND GROOVES OF LATIN DANCE BUT WITH SOME SCULPTING WORK FOR YOUR MUSCLES. GET OUT YOUR TONING STICKS AND GET YOUR FREAK FLAG FLYING.