

ATC FITNESS - GROUP EXERCISE SCHEDULE - 6 MILE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
800AM	GENTLE STRETCH			800AM	GENTLE STRETCH								
MAIN RM	LACY			MAIN RM	LACY								
900AM	HIIT/BARRE	900AM	BARBELL PLUS	900AM	STEP STRNGTH	900AM	STEP & SCULPT	900AM	BALL-ISTIC	900AM	BUTTS & GUTTS	800AM	BODY COMBAT
MAIN RM	STACY M	MAIN RM	RONEE	MAIN RM	KAREN S.	MAIN RM	IVY	MAIN RM	KAREN S.	MAIN RM	IVY	MAIN RM	KAREN S.
900AM	CYCLE 45	900AM	CYCLE 45	900AM	CYCLE 45	900AM	CYCLE 45	900AM	CYCLE 45	1000AM	CYCLE 45	900AM	BODY PUMP
CYCLE RM	IVY	CYCLE RM	IVY	CYCLE RM	ALLYSON	CYCLE RM	ALLYSON	CYCLE RM	IVY	CYCLE RM	IVY	MAIN RM	KAREN S.
1000AM	CARDIO DANCE	1000AM	YOGA	1000AM	BODY PUMP	1000AM	BUTTS & GUTTS	1000AM	BODY COMBAT	1000AM	ZUMBA	1000AM	BODY FLOW
MAIN RM	IVY	MAIN RM	RONEE	MAIN RM	KAREN S.	MAIN RM	IVY	MAIN RM	KAREN S.	MAIN RM	CELESTE	MAIN RM	KAREN S.
1100AM	BARBELL PLUS	1100AM	ZUMBA	1100AM	BODY COMBAT	1100AM	DANCE/TONE	1100AM	BODY PUMP	1100AM	YOGA	1100AM	ZUMBA
MAIN RM	STACY M	MAIN RM	MIAH	MAIN RM	KAREN S.	MAIN RM	MIAH	MAIN RM	KAREN S.	MAIN RM	RONEE	MAIN RM	SABINE
12PM	SILVER SNEAK			12PM	SILVER SNEAK			12PM	SILVER SNEAK				
MAIN RM	LACY			MAIN RM	KAREN S.			MAIN RM	KAREN S.				
		530PM	CYCLE 45			530PM	CYCLE 45						
		CYCLE RM	EDMUNDO			CYCLE RM	CANDI						
530PM	BODY COMBAT	530PM	BODY FLOW	530PM	BODY PUMP	530PM	BODY FLOW						
MAIN RM	KAREN S.	MAIN RM	KAREN S.	MAIN RM	KAREN S.	MAIN RM	KAREN S.						
630PM	ZUMBA	630PM	ZUMBA	630PM	ZUMBA/BLAST	630PM	ZUMBA	630PM	ZUMBA				
MAIN RM	MIRASOL	MAIN RM	SABINE	MAIN RM	TRACY COX	MAIN RM	MIAH	MAIN RM	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 8/1/22**

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.

GENTLE STRETCH - INCORPORATES SIMPLE FLOWING SEQUENCES TO WARM UP THE BODY, AS WELL AS SLOWER PACED MOVEMENTS FOCUSING ON PROPER BODY ALIGNMENT, STRENGTH, BALANCE, AND FLEXIBILITY.

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 GOLD - THIS SPECIAL SENIOR BASED 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.