































### UHF Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
7-7:45 <b>FF</b> 7:45-8:15 <b>FFY</b> LouAnn	8:30-9:30  Kassie 9:30-10:00 <b>Burn</b> Kassie	7-7:45 <b>FF</b> 7:45-8:15 <b>FFY</b> LouAnn	8:30-9:30  Alina	7-7:45 <b>FF</b> 7:45-8:15 <b>FFY</b> LouAnn	7:30-8:30 <b>Ultimate60**</b> Brad	
8:30-9:30  Alina	8:30-9:30*  Julie	8:30-9:30  Kaley  9-9:30**  Alina	8:30-9:30*  Julie&Carrie	8:15-9:00  Carrie  9:00-9:30*  Kaley	8:00-8:45***  8:45-9:30***   	
9:35-10:35  Kassie&Ryan  9:30-10:30*  Carrie	9:30-10:30 <b>Spin Max**</b> Ryan  9:35-10:35 <b>Yoga*</b> Julie	9:35-10:05*  Kaley	9:30-10:30 <b>Spin Max**</b> Brad  9:35-10:35 <b>Yoga*</b> Julie  9:30-10:15  Alina	9:00-10:00  Jamie&Ryan  9:40-10:40*  Carrie	8:30-9:30*  Julie  ***Saturday combo class. Please check white boards outside group room.	
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>
5:00-5:45  Kaley&Jamie  5:00-5:30*  Julie	5:15-5:45  Alina	5:00-5:30*  Julie	5:00-6:00 <b>Yoga</b> Caitlyn			
5:45-6:30  Kaley  5:45-6:45 <b>Yoga*</b> Julie	5:00-5:45*  Carrie  5:45-6:30  Alina	5:30-6:30  Ryan  5:45-6:45*  Julie	5:30-6:30  Alina		<b>BABYSITTING HOURS</b>  <b>Mon - Sat 8AM - 12PM</b>  <b>Mon - Thurs 4:30PM - 7:30PM</b>	<b>No Star: Group Fit- ness Room</b>  <b>*One Star: Yoga Room</b>  <b>**Two Stars: Back Room</b>
6:00-7:00 <b>Ultimate 60**</b> Brad		6:00-7:00 <b>Ultimate 60**</b> Brad	6:00-7:00 SpinBlast**			

## UHF Group Fitness Schedule

**BODYCOMBAT™** - Fight yourself fit with exhilarating and inspirational workout! Body Combat is a pre-choreographed Mixed Martial Arts group fitness class performed to powerful, energetic music. Combat combines powerhouse moves and stances developed from a range of self-defense disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon-Do. Focusing on endurance, flexibility, and strength, our adrenaline-pumping routines will burn fat, alleviate stress, improve your overall coordination, and bring out your inner warrior. Our trained instructors make it so everyone can enjoy the simple yet challenging routines, regardless of age, gender, and fitness ability.

**BODYPUMP™** - Are you ready to get stronger, more fit, and have some fun?! Join us in BodyPump; the revolutionary weight lifting class that started it all. Using free weights, an adjustable bench, and the most effective exercises, you'll get fitter faster. This class is a full body workout: all endurance lifting with simple, old-school moves designed to condition and sculpt your muscles. Our awesome, energetic instructors will lead you through each track, and our motivating music will get you in the zone. Come and get your PUMP on!

**BODYSTEP™** - Blast away calories with this high energy step class. This class is for beginners AND advanced steppers, many low and high impact options are given. It's the energizing step workout that makes you feel liberated and alive. You'll use a height-adjustable step to perform simple but effective movements on, over, and around the step. Our instructors are very approachable and motivating, the energy is contagious! The cardio blocks are designed push fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.

**TONE/BODYVIVE™** - Created from the foundations of BODYVIVE 3.1, LES MILLS TONE maintains the original 3 in 1 training style - a mix of cardio, resistance and core while playing with different training concepts to ensure everyone gets the best results from their workouts. If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**CXWORX™** - Fire up your core with a 30 minute class designed to train your abs, glutes, back, and obliques! Functional fitness at its best -- this class will improve your overall strength and balance which will allow you to reach new limits in your other classes.

**POUND** - Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**SpinMax** - Try this indoor cycling workout where you ride to the rhythm of powerful music. You'll also use light dumbbells to activate the upper body and add on an extra challenge throughout various tracks. Take on the terrain with your instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

**SpinBlast** – This class combines intense cardio cycling and muscle-shaping weight lifting, on and off the bike. Brad's class is hard core. Take on the challenge!

**Ultimate 60** - Join Brad for 60 minutes of the most intense, calorie busting, fat burning, muscle building workout we offer. You will not be disappointed!

**Forever Fit** - This class is a combination of low impact cardio and weight lifting designed for active and healthy seniors. Set to a variety of music including; swing, country and big band classics

### Yoga and Body Flow

**Yoga** - Our fitness based practice of yoga will help you strengthen your body and mind, release tension and stress, and stretch your muscles all as you're working up a sweat to soothing but motivating music. Yoga consists of flowing through a series of traditional yoga moves, holding certain postures with strength & focus, balancing postures, strength & stretching, and finishing off with Savasana--the relaxation posture.

**Forever Fit Yoga** – Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Perfect for those who have joint concerns or are healing from an injury.

**BODYFLOW™** – Relax and unwind with Body Flow, a dynamic class designed to leave you feeling energized and renewed. Body Flow combines Tai Chi, Pilates, and Yoga to create strength, flexibility, and a sense of calm and warmth throughout your body. You'll feel graceful and beautiful as you move to the contemporary music in this class, while our uplifting instructors challenge you to push through your limits. Come Flow with us.