



# SHAPE^UP FITNESS 580

## SPRING CLASS SCHEDULE

### MONDAY & WEDNESDAY EVENINGS

#### 6:00PM - 6:30PM LOSE THOSE BLUES

BEGINNER LEVEL – 30 MINUTE SESSION

Just starting to workout? Or have you taken a long break and want to ease back in? Then this class is for you! It will be a mix of low impact, cardio and light strength training.

#### 6:30PM - 7:15PM TURN UP THE HEAT

INTERMEDIATE LEVEL – 45 MINUTE SESSION

Do you workout 2+ times a week? Do you like to challenge yourself? Are you wanting to tone and build muscle?? This is the class for you! We will focus on conditioning and toning your body through HIIT (High Intensity Interval Training), focused Strength Training, Plyometrics, Tabata, Pilates and more!

### THURSDAY EVENINGS

#### 7:30 - 8:15PM DANCE FITNESS

BEGINNER & UP – 45 MINUTE SESSION

Come join us as we pop, lock and dance our way to a great workout! We will be Jammin' out to some throwbacks and good music! Can't dance? No problem! This is an easy beginner dance and fitness combined! Not too much choreography. Just come have a good time with us!

### ANY TIME - ANY DAY

ANYTIME THERE IS NOT A CLASS, YOU ARE ABLE TO ACCESS BEACHBODY ON DEMAND OR YOUTUBE IN THE STUDIO ON THE SMART TV! WE HAVE WEIGHTS, BANDS, BALLS, ETC. ALL FOR YOU TO USE TO MAKE YOUR WORKOUT THE BEST!

### TUESDAY EVENINGS

#### 6:00PM - 6:45PM YOGA FLOW

BEGINNER & UP – 45 MINUTE SESSION

Do you want to increase your flexibility, improve respiration, energy and vitality, help maintain a balanced metabolism, improve cardio and circulatory health and just want to simply destress? Well this is the class you want to sign up for! Our yoga instructor will lead you through all of the proper yoga positions and transitions. You will feel like a better you after just a few weeks of yoga!

### SATURDAY MORNINGS

#### 7:00AM - 8:00AM SOCIAL RUNNING

BEGINNER + – 1 HOUR SESSION OUTDOORS

Are you not a runner but would like to start? This is the class for you! Thomas Mann will be leading this morning run to motivate and teach new runner how to build cardio stamina.

#### 8:00AM - 8:30AM TUNE IN-TURN UP

BEGINNER TO ADV. – 30 MINUTE SESSION

Is your week super busy and you can't seem to make it to the weekly evening classes? Well this is perfect for you! This class will be a virtual workout session we will watch on the studio TV together as a group. This will allow us to stay on a program and track our results! All programs offer modifications for the beginners and the capabilities of stretching your limits and maxing out for our more advanced gym go'ers. We can all be motivated by another instructor and keep each other accountable.

**\*All classes are included in your membership. There will be a 10 person max in each class so be sure to come early. For now, we will not require everyone to pre-register for classes, but in the event that classes get full, we will start requiring that.**