

2020 Virtual

Group Exercise Schedule
 (All classes **FREE** for Members)
 Visit our website for our online class
 schedule www.fitnessforum.biz

fitness FORUM  **Life**
 sports & wellness P L E X
 2855 Miller Dr. Ste 101, Plymouth, IN 46563
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Monday		Tuesday		Wednesday		Thursday \$4.50		Friday		Saturday	
5:30am	Cardio-Pump	5:25am	Core Strong	5:30am	RIP	5:25am	Core Strong	5:30am	Cardio-Pump	7:10am	Super Step
8:30am	TBR	8:25am	Body Tone	9:00am	RIP	8:25am	TBR	9:00am	RIP	8:00am	Bodypump
9:30am	Cycling	9:20am	Yoga Fit	9:30am *David	Chair Yoga	9:20am	YOGA	10:30am *David	Gentle Yoga	9:15am	Yoga Styles vary
9:20am	RIP	10:30am *David	Gentle Yoga	10:30am	Power Yoga	10:30am	Gentle Yoga			9:00am 2nd&3rd Week	GROOV3 Adult Hip Hop
9:30am	Silver Sneakers	10:30am *Cindy	Drums	10:30am	Flash Fit Cardio	10:30am* Cindy	Drums			<div style="background-color: yellow; padding: 10px; text-align: center;"> <h2>Virtual Unlimited Classes Register Today! \$19.99</h2> <p>www.fitnessforum.biz</p> </div>	
9:20am	YOGA	11:30am	Pop Pilates	5:30pm	Bodypump	11:30	Pop Pilates	Class Location Legend			
10:30am	Gentle Yoga	Noon *Cindy	Silver Sneaker	6:30pm	Sports FIT	Noon	Silver Sneakers	Band Classes			
4:30pm	Flash Fit Cardio	5:30pm	Cardio Intervals	6:30pm	Yoga Fit	4:25pm	Cardio Intervals	*Zoom Classes (Cindy & David only)			
5:30pm	Bodypump	5:30am	Bodypump	6:00pm	GROOV3 Adult Hip Hop	5:30pm	Bodypump	Varies Zoom or Band			
6:30pm	Sports Fit	5:30pm	Cardio Dance			6:30pm	YOGA				
		6:30pm	Pop Pilates								

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Cardio	Strength/Cardio	Senior	Mind/Body/Flexibility
<p>Drums Alive: Discover the drummer in you! Drums Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Kids Friendly! 7yrs and up</p>	<p>BODYPUMP: Challenge all of your major muscle groups in 50 minutes by using the best weight-room exercises like squats, presses, lifts, and curls. Great music; awesome instructors and your choice of weight inspire you to get the results you came for and fast!</p>	<p>Silver Sneakers: Low impact seated class providing variety exercises for upper and lower body. Builds stability with breath and active motion. Using hand weights, tubes, and balls for resistance.</p>	<p>YOGAFIT/YOGA Level 2-3: Enjoy a workout of strengthening, lengthening, and balancing poses in a fluid moving workout centered on Yoga alignment principals. Participants will gain the benefits of relaxation, stress reducing, and mental focus. Concluding class with a 5-10 minute relaxation session. Great for all levels. Beginners welcome Level 2-3</p>
<p>Cardio Pump:A combo of energetic cardio and strength training segments to help you shred the fat and build lean muscles!</p>	<p>Total Body Resistance (TBR): This class is designed to improve strength and fitness. TRX suspension and rope exercises provide functional fitness for participants of all levels.</p>	<p>Flash Fit: Is a full body workout for the active participant! Our 45 minute workout is broken up into 15 minutes of cardio, weights, core, and mat floor work. Everyone welcomed all ages!</p>	<p>Yoga/Gentle Yoga: Enjoy an intentional yoga practice to end your workout balanced, release tension and restore breath and feel restored. This is a practice that poses "asanas" can be modified to meet any fitness level. Connecting mind, body, and spirit with a slow practice. Level 1-2</p>
<p>Cardio Super Step: This is a fun energetic class utilizing the step platform to give you a great cardio workout. The class will have great music and enthusiastic exercises for a total body workout.</p>	<p>RIP: Is a barebell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.</p>		<p>Chair Yoga: Yoga inspired utilizing a chair for support and for modifications to the yoga practice. This class is perfect for the new yogi, one who just needs a more intentional practice or for the yogi who wants a challenge. The practice is yours to modify. Open to all levels. Level 1-2</p>
<p>Cardio Interval training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burn more fat in less time.</p>	<p>GROOV3: is a one hour, dance-til-you-drop cardio funk (hip hop) fitness class with a mission to inspire change and build communities through the power of dance.</p>	<p>**Class cancellation notice** Group exercise schedule, instructor and/or classes are subject to change with no prior notification. If any class has less than 5 participants for 3 weeks in a row it will be removed from the schedule for the following month. Classes are scheduled based on instructor availability.</p>	
<p>Pop Pilates: is a workout put to pop songs that gives a full body workout; while focusing on strengthening and developing the core. With modifications for all fitness levels; this dance on the mat will leave no muscle untouched with a variety of challenging movements.</p>			
<p>Cardio Dance: This class is a targeted body-sculpting and high energy cardio workout infused with dance moves to create a calorie-torching, strength training party. The workout is nonstop with repetitive athletic moves and fresh dance steps! All fitness levels welcome</p>			