










GroupX Schedule - Harrisonburg

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	BOOTCAMP Colleen	 Lucy	Yoga Rise & Shine Flow Donna	 Kaity	BOOTCAMP Colleen	8:15am STRENGTH Pam
9:15am				 Lucy		9:15am Cycle Doug
11:00am				SeniorStrength Michelle		10:15am  Pam/Valerie
5:30pm	 Kaity	 Pam—GroupX Room BOOTCAMP Hannah—EliteFit	POWER Yoga Karen	 Valerie	POWER Yoga Karen	
6:40pm	 Claire	STRENGTH Pam	 Lucy			

MORE CLASSES AND TIMES COMING SOON AS WE PROGRESS IN TO FUTURE PHASES OF COVID19. We are following CDC Guidelines. Limit of 9 members per GroupX class. For yoga, if you have your own mat, please bring it to class. For Cycle, towel & water bottle are recommended.

EFFECTIVE MAR 8, 2021

Bridgewater

*8 Members Per Class, (Yoga participants, please bring your mat)

	MONDAY	THURSDAY
5:30pm		Full Body STRENGTH Pam
6:35pm	Yoga Strength & Balance Donna	Full Body STRENGTH Pam

GROUP X
STUDIO
GROUP EXERCISE CLASSES
www.TotalBodyPlace.com

CLASSES FREE WITH MEMBERSHIP!
NON-MEMBERS \$9 PER CLASS...
INVITE A FRIEND!

GROUP STUDIO

GROUP EXERCISE CLASSES

SCHEDULE

Les Mills BODY PUMP

Get ready to raise the bar in this high energy, total body strengthening barbell workout. You'll burn calories, strengthen your core, and develop lean, athletic muscle.

POWER YOGA

A Vigorous workout focusing on strength & Flexibility. It works on balancing, holding and moving through a series of poses that creates better performances in sports, a stronger body and a more focused mind. Uses your own body weight and sometimes bands.

ZUMBA®

Zumba is a high-intensity, interval style cardio dance class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. The class gets people moving, laughing, and grooving with each other like no other group class! This heart-pumping, body-energizing class fuses juicy Latin-flavored dance moves with a little international zest to get you working out and lovin' it!

Full Body STRENGTH

Full Body Strength is a high energy, functional strength workout for all fitness levels. Each class will work all the major muscle groups and may include core and cardio components using a range of equipment. So whether you are trying to get lean, toned and fit or build muscle this class is for you!

CYCLING

Indoor cycling class on stationary bikes. The instructor leads you through interval workouts involving hills, sprints, climbs and lifts. You adjust the resistance on the bike to make your workouts harder or lighter. Great for all fitness levels.

YOGA—Rise & Shine Flow

Vinyasa style class. Sun Salutations, standing and balancing postures, core work, and hip openers. Modifications offered for all levels. Flexibility not required!

YOGA—Strength & Stability

Mobility based class focusing on alignment. Static postures are held at a slower pace. Modifications offered for all levels. Flexibility not required!

Senior Strength

Senior Strength combines resistance training with planned rest breaks to optimize and improve cardiovascular ability. Use of a variety of equipment and modifications according to ability make this a class for both novice and experienced exercisers!



FREE

with
membership!

Harrisonburg & Bridgewater



NON-MEMBERS TRY ANY GROUPX
CLASS FOR \$8!

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