



















GroupX Schedule - Harrisonburg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am - Brittany 	5:15am - Anneliese 	5:30am - Tina BOOTCAMP	5:15am - Lucy 	5:30am - Lucy BOOTCAMP	8:30am 
6:30am - Brittany 	5:30am - Carson LES MILLS BODY PUMP	5:15am - Juvy 	5:30am - Carson LES MILLS BODY PUMP	9:30am - Kelley 	10:15am - Valerie 
9:15am - Celeste LES MILLS BODY PUMP	5:30pm - Jim 	9:30am - Tina 	9:15am - Celeste LES MILLS BODY PUMP	5:30pm - Karen POWER Yoga	
9:30am - McKenzie 	5:30pm - McKenzie BOOTCAMP	4:15pm - Kelley 	11:00am - Steve SeniorStrength		
4:15pm - Kelley 	5:30pm - Carson 	5:30pm - Brittany 	5:30pm - Carson 		
5:30pm - Brittany 		5:30pm - Karen POWER Yoga	5:30pm - Lucy LES MILLS BODY PUMP		
5:30pm - Lucy LES MILLS BODY PUMP		6:40pm - Anneliese LES MILLS BODY PUMP	6:40pm - Valerie 		



Bridgewater

MONDAY	TUESDAY	WEDNESDAY
5:30pm - Donna YOGA Strength & Balance	5:30pm - Betsy StrengthenUp!	5:30pm - Betsy StrengthenUpbeat! CARDIO DANCE

Class Location: Bootcamp is held in EliteFit, FitZone classes are held in the FitZone Studio, all other held in GroupX Studio.

GroupX classes FREE with membership - non members \$10 drop in fee...invite a friend! No need to register ahead for GroupX - just show up.

FitZone classes require FitZone membership and require registration for class on your MindBody app.

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!

StrengthenUp!

Strengthen, Challenge, and Stretch your muscles, while Strengthening your heart both as a muscle and a soul. Choreographed to positive music to direct your spirit and heart upward. Movements will help tone your upper torso, core, abs, and lower body. Optional use of hand weights and/or a chair. Classes close with optional "Circle Talk" to connect with class community, receive encouragement from Instructor, and pray as a group. "I can do all things through Christ who strengthens me."

(Philippians 4:13 NKJV)

CYCLING

Indoor cycling - upbeat stationary bike interval training with high energy music for all fitness levels. Shed fat, improve cardiovascular health, and increase muscle performance and endurance. Get a serious workout from climbs, hills, lifts and sprints - YOU adjust resistance based on actual and perceived exertion. Indoor cycling releases endorphins and dopamine which are pain-reducing and mood and motivation boosting brain chemicals during and after your workout.

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!

Groove

Groove is a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it your own UNIQUE way. While exploring a variety of styles and genres, we encourage you to enjoy and feel good in your body, every step along the way. You'll experience everything from slow delicious meditative grooves, to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, heart and soul.

Bootcamp

Military-style (think basic training) resistance, cardio and core workouts designed to engage every single muscle in your body, from head to toe. We will use minimal equipment - your body will be your machine. Each workout will include a solid warm up and cool down. Although the workouts themselves are cadenced, fast paced, and simple these exercises are designed to be intense, so that you'll get results without a lot of complex moves. Every workout can be scaled for beginners to the advanced! This is a 45 minute class.

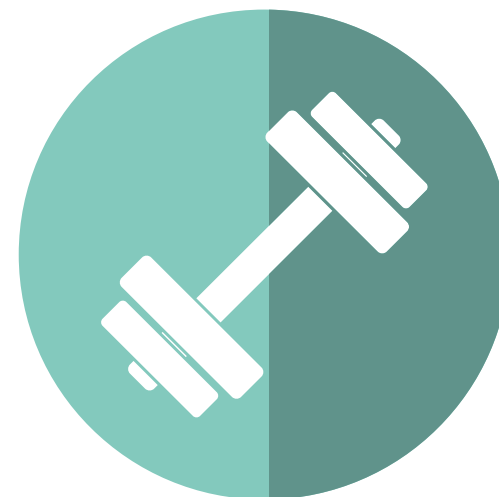
StrengthenUpbeat!

Get moving with this dance-based full-body workout that will challenge your heart both as a muscle and a soul! Enjoy various dance and kickboxing moves choreographed to positive music to direct your spirit and heart upward. Close out this total body workout with strength training that will tone your upper torso, core, and legs, while stretching both your muscles and your faith. Classes close with optional "Circle Talk" to connect with class community, receive encouragement from Instructor, and pray as a group. "I can do all things through Christ who strengthens me."

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Class Schedule

Harrisonburg & Bridgewater



www.TotalBodyPlace.com