GroupX Schedule - Harrisonburg

Harrisonburg & Bridgewater Family FITNESS 24/7

GROUP X STUDIO GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am - Tara FITZONE	5:15am - Suzy FITZONE	5:30am - Justin BOOTCAMP (BEGINS DEC 9TH!)	5:15am - Suzy FITZONE	5:30am - Frank CYCLE (BEGINS JAN 8TH!)	8:30am FITZONE
9:15am- Jill LesMills BODYPUMP	5:30am - Carson LesMills BODYPUMP	5:15am - Suzy FITZONE	5:30am - Carson LesMills BODYPUMP	9:30am - Kelley FITZONE	10:00am - Tara BOOTCAMP (BEGINS JAN 9TH!)
9:30am - Kelley FITZONE	5:30pm - McKenzie BOOTCAMP	9:30am - Kelley FITZONE	9:15am - Suzy LesMills BODYPUMP	10:30am - Courtland YOGA	10:15am - Valerie ZUMBA
4:15pm - Kelley FITZONE	5:30pm - Suzy FITZONE	4:15pm -Kelley FITZONE	5:30pm - Natasha FITZONE		
5:30pm - Tara FITZONE	5:30pm - Melissa ZUMBA	5:30pm -Natasha FITZONE	5:30pm - Lucy LesMills BODYPUMP		
5:30pm - Lucy LesMills BODYPUMP		5:30pm - Courtland POWER YOGA			
		6:40pm - Suzy LesMills BODYPUMP			



Bridgewater

MONDAY
6:00pm - Courtland YOGA Strength & Balance

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!

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!

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.

FitZone

FitZone is a group workout program designed for all fitness levels, from beginner to advanced athlete! YOUR workout is motivated and guided by YOUR individual heart rate meaning the group session that you attend will be programmed according to your specific fitness level. Members wear a heart rate monitor during class and your heart rate is constantly displayed on a monitor for you to see. A coach guides the class in interval training with cardio and strength components. You have the support of a motivational coach as well as the accountability of your fellow session members.

Harrisonburg & Bridgewater

Family FITNESS 24/7

GROUP EXERCISE CLASS SCHEDULE

FITZONE

Schedule available on our website and on the MindBody app!

www.TotalBodyPlace.com