

# GROUP FITNESS CLASSES

EFFECTIVE 7.1.24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle Flow Yoga</b> 9:30am - 10:30am Blend Studio	<b>Barre</b> 8:00am - 8:45am New Motion Studio	<b>Vinyasa Yoga I</b> 9:30am - 10:30am Blend Studio	<b>Mat Pilates</b> 6:30am - 7:30am New Motion Studio	<b>Cycle</b> 5:45am - 6:30am Ride Studio	<b>Power Yoga I</b> 8:30am - 9:30am Blend Studio	<b>Cycle</b> 8:00am - 8:45am Ride Studio
<b>Silver Sneakers</b> 11:00am - 12:00pm Blend Studio	<b>Band-A-Bells</b> 9:15am - 10:15am Blend Studio	<b>Silver Sneakers</b> 12:30pm - 1:30pm Blend Studio	<b>Band-A-Bells</b> 9:15am - 10:15am Blend Studio	<b>Hot-Fit Yoga</b> 9:30am - 10:30am Blend Studio	<b>Cycle</b> 9:30am - 10:15am Ride Studio	<b>Power Yoga II</b> 9:00am - 10:00am New Motion Studio
<b>BodyCombat™</b> 5:30pm - 6:15pm Blend Studio	<b>GameChanger*</b> 10:15am - 11:15am Training Room	<b>BodyCombat™</b> 5:30pm - 6:15pm Blend Studio	<b>GameChanger*</b> 10:15am - 11:15am Training Room		<b>BodyPump™</b> 10:00am - 11:00am Blend Studio	<b>BodyCombat™</b> 10:00am - 10:45am Blend Studio
<b>BodyPump™</b> 6:30pm - 7:15pm Blend Studio	<b>Silver Sneakers</b> 12:00pm - 1:00pm Blend Studio	<b>BodyPump™</b> 6:30pm - 7:15pm Blend Studio	<b>Silver Sneakers</b> 11:00am - 12:00pm Blend Studio		<b>Zumba®</b> 11:15am - 12:15pm Blend Studio	<b>BodyPump™</b> 11:00am - 11:45am Blend Studio
	<b>Cycle</b> 5:30pm - 6:30pm Ride Studio					

**BAND-A-BELLS** The ultimate total body class that mixes resistance bands and lightweight dumbbells through a combination of both full range of motion & pulsatile movements.

**VINYASA YOGA I** An approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, through the specific poses.

**GENTLE FLOW YOGA** In Gentle Flow you'll be guided through postures in the Vinyasa Style, beginning with the basics, while allowing for more challenging poses.

**POWER YOGA** A more dynamic version of traditional yoga. It is faster, more intense and the focus is more on building strength & less on meditation or chanting.

**CYCLE** A full-body cycling workout featuring high-intensity cardio along with body sculpting, and upper body strength training choreographed to music.

**SILVER SNEAKERS** A program encouraging older adults to participate in physical activities that will help them with maintaining greater control of their health.

**BODYCOMBAT™** A high-energy martial arts-inspired workout that is totally non-contact learning moves from Karate, Taekwondo, & more. Punch and kick your way to fitness!

**BODYPUMP™** A fast-paced, barbell based workout that's specifically designed to help you get lean, toned, and fit. Using a combo of motivating music & fantastic instructors!

**MAT PILATES** A strengthening and lengthening form of exercise that focuses on your core muscles while training both your arms & legs.

**BARRE** A fusion of low-impact, high-intensity movements engineered to strengthen the body, but also enhance agility and flexibility.

**ZUMBA®** An interval-style dance fitness party that combines low & high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

**HOT-FIT YOGA** A unique mix of dynamic movements and static holds designed to build strength, endurance, balance, tone your body, & tighten your core. All levels are welcome, some yoga experience is helpful.

**GAME CHANGER** An elite sports performance class. Designed for athletes seeking a dynamic workout with cutting-edge training techniques and personalized coaching striving to unlock full potential.

**GROUP CLASSES REQUIRE  
RESERVATION ON THE  
GREATE BAY APP**



\*Student Athletes (Ages 16-23)\*