

GROUP FITNESS CLASSES

EFFECTIVE 9.7.24

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

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

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.

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!

POWER YOGA I & II A more dynamic version of traditional yoga. It is faster, more intense and the focus is more on building strength and 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 in our Ride Studio!

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 is 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.

POWER PILATES A step up from traditional Pilates but with more controlled movements, intensity, and variations - sometimes incorporating bands, sliders, weights, and rollers.

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

FUNCTIONAL TRAINING PROGRAM

CLASS SCHEDULE - EFFECTIVE 9.3.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	5:15am	5:15am	5:15am	5:15am	8:00am	8:00am
6:15am		6:15am		6:15am		
7:15am	7:15am	7:15am	7:15am	7:15am		
9:00am	9:00am	9:00am	9:00am	9:00am		
		5:15pm	5:15pm			

FUNCTIONAL TRAINING CLASSES REQUIRE MEMBERSHIP & RESERVATION ON OUR APP

The Greate Bay Functional Training Program is designed to provide a small group, functional full-body workout while improving metabolic rate, strength, and endurance. It is one of the most time-efficient ways of training, incorporating a mix of circuit and H.I.I.T. style workouts geared towards everyday movements.