

MONDAY

5:30 - 6:20 AM \$
BRAVO BOOTCAMP
Jim

8:00 - 8:50 AM
GENTLE YOGA
Rene

9:00 - 9:50 AM
TRX CIRCUIT
Joe B.

10:00 - 10:50 AM
FOREVER FIT
Glenna / Janeen

12:00 - 12:50 PM
BOXING CIRCUIT
Sarah

5:30 - 6:15 PM \$
HIIT BOOTCAMP
Carrie

6:00 - 6:50 PM
BARRE
Glenna / Janeen

7:00 - 7:45 PM
INTERVAL STRENGTH TRAINING
Allie

7:00 - 7:50 PM
WARM VINYASA FLOW
Small Studio Meg

TUESDAY

5:30 - 6:15 AM \$
HIIT STRENGTH
Cacey

8:00 - 8:50 AM
PILATES
Glenna

9:15 - 10:05 AM
INTERVAL STRENGTH TRAINING
Janeen

9:30 - 10:20 AM
AQUA BLAST
Sarah

5:30 - 6:15 PM \$
HIIT STRENGTH
Jackie

6:20 - 7:10 PM
ZUMBA
Michele

6:30 - 7:20 PM
SPIN
Selena

WEDNESDAY

5:30 - 6:20 AM \$
BRAVO BOOTCAMP
Jim

7:30 - 8:20 AM
GENTLE YOGA
Bill

8:20 - 8:30 AM
MEDITATION
Bill

9:00 - 9:45 AM \$
HIIT FULL BODY
Sarah

10:00 - 10:50 AM
FOREVER FIT
Glenna / Janeen

5:00 - 5:50 PM
LEVEL 1 YOGA
Shaza

5:30 - 6:15 PM \$
HIIT BOOTCAMP
Carrie

6:00 - 6:50 PM
BARRE
Glenna / Janeen

THURSDAY

5:30 - 6:15 AM \$
HIIT FULL BODY
Cacey

9:00 - 9:50 AM
PILATES
Glenna

9:50 - 10:00 AM
LOWER BODY
Glenna

9:30 - 10:20 AM
AQUA BLAST
Sharon

12:00 - 12:50 PM
INTERVAL STRENGTH TRAINING
Carrie

5:30 - 6:15 PM
BOXING CIRCUIT
Lucy

6:20 - 7:10 PM
ZUMBA
Lucy

6:30 - 7:20 PM
SPIN
Carrie

7:20 - 7:30 PM
CORE MAX
Carrie

FRIDAY

5:30 - 6:20 AM \$
BRAVO BOOTCAMP
Jim

8:00 - 8:50 PM
GENTLE YOGA
Rachel

9:00 - 10:00 AM
SPIN MIX
Sarah

10:00 - 10:50 AM
BEYOND FOREVER FIT
Sharon

12:00 - 12:50 PM
MYOFASCIAL AND FLOW
Kelley

SATURDAY

7:30 - 8:45 AM
THERAPEUTIC YOGA
Kelley

8:00 - 8:45 AM \$
HIIT STRENGTH
Joe B.

9:00 - 9:50 AM
BOXING CIRCUIT
Lucy

9:00 - 10:15 AM
GENTLE YOGA
Kelley

10:30 - 11:20 AM
ZUMBA
Lucy

SUNDAY

8:00 - 8:45 AM \$
HIIT FULL BODY
Marcella

9:00 - 9:50 AM
SPIN
Marcella

9:00 - 9:50 AM
POWER SCULPT
Glenna

10:00 - 10:50 AM
PILATES
Emily

11:00 AM - 11:50 AM
RESTORATIVE YOGA
Shaza

TEN MINUTE STACKABLE CLASSES
ENJOY TEN MORE MINUTES OF FOCUSED FITNESS

CLUB AT PRAIRIE STONE™

GROUP FITNESS CLASS SCHEDULE

■ **MIND/BODY** Yoga ---> Mind/Body Studio
Barre ---> Group Fitness

■ **SPIN** Expanded Fitness Area

■ **CARDIO/STRENGTH** Zumba & Forever Fit ---> Group Fitness Room
Boxing Circuit & Spin ---> Expanded Fitness Area
Beyond Forever Fit ---> HIIT Area

■ **AQUA** Lap Pool ■ **HIIT** HIIT ---> HIIT Area, BRAVO ---> Gymnasium or Outside

Note: Classes may vary in duration slightly based on instructor's discretion.



Class Descriptions



HIIT CLUB



AQUA



SPIN



MIND / BODY



CARDIO / STRENGTH

HIIT CLUB classes are for HIIT Club members only and require a monthly fee for unlimited classes. All fitness levels welcome. Please arrive 5 minutes before class. Contact Membership to upgrade!

\$ BRAVO BOOTCAMP An encouraging, positive, team environment where everyone works together and no one is left behind. Each workout is designed to challenge all fitness levels with a mix of strength and cardiovascular exercises consisting of push-ups, sit ups, pull ups, squats, running/walking and more to increase endurance, power and strength!

\$ HIIT BOOTCAMP This fast moving and fun class will challenge participants to give their best effort but encourage them to work at their own pace featuring everything from pushups, burpees, sleds and flipping tires!

\$ HIIT FULL BODY Participants engage in a series of total body cardio and strength exercises reaching max effort with brief periods of rest in-between. The purpose of this class is to keep the heart rate consistently elevated in different target zones.

\$ HIIT STRENGTH Move quickly from body weight moves to using weights and other fun accessories! This dynamic workout uses varied tempos and resistance to challenge your whole body.

SPIN Intense group cycling class working both aerobically and anaerobically. An action packed ride that simulates real road conditions and is the ultimate calorie burner. Arrive 5 min. prior.

SPIN MIX Combines indoor cycling fundamentals with weights and pulsing music that will make you move! Body sculpting sections that will give you a full-body cycle workout. Arrive 5 minutes prior.

AQUA BLAST Get stronger and leaner with little impact on your joints using water resistance, aquatic dumbbells, noodles, steps and more. Come jump, kick and splash your way through this energizing class. Set to music and all fitness levels welcome.

PILATES Link the mind and body through this core strengthening mat class. Techniques improve posture and alignment while increasing flexibility and range of motion.

BARRE Strengthen the entire body, focusing on alignment and posture to improve balance, coordination, stability, strength and overall function. Most movements will use bodyweights but also incorporate equipment such as light dumbbells, mini ball and flat resistance band.

POWER YOGA Focuses on building strength using challenging Vinyasa sequence that's adaptable to all levels.

LEVEL 1 YOGA Enhance your balance both physically and mentally, increase strength, and gain flexibility while learning the fundamentals of Yoga. This class builds on the basics through focus, poses, and meditation.

RESTORATIVE YOGA A gentle, still style of yoga that involves passive holds. Poses are supported by props to enhance and deepen the state of total relaxation and release.

GENTLE YOGA Focus on breath and body to improve health, emotional balance and mental clarity. All levels welcome.

WARM VINYASA FLOW You will be guided through a series of poses designed for strength and flexibility. Bring a towel and a water bottle.

THERAPEUTIC YOGA Combine the flow of Vinyasa with the longer holds of Hatha, emphasizing peace and calm in the body/mind. Find the space within poses while retaining gentle movements.

MYOFASCIAL AND FLOW YOGA This class will be myofascial release techniques within the yoga sequences to find more mobility and flexibility in the body. By rehydrating the fascia, we can open up and find more functionality in the poses.

FOAM ROLLING / CORE STRETCH By using the foam roller you not only target your abs, but also your arms, back and balance. Come in, unwind and stretch, this class will focus on the breathe, mind and body connection.

TRX CIRCUIT This is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. This class will use free-weights and the TRX suspension strap to give you a full body workout.

FOREVER FIT This safe and effective fitness class will help build density while improving endurance, strength, flexibility and balance. Great class to kick-start your new or improved fitness lifestyle.

BEYOND FOREVER FIT All that you love about Forever Fit class PLUS explore the new fitness area and expand your fitness knowledge. All fitness levels welcome.

BOXING CIRCUIT This circuit style boxing workout focuses on a variety of boxing drills including bag drills that build speed, punching power, accuracy and technique. This class is designed to provide a great cardio and full body workout for all fitness levels while developing/fine tuning boxing fundamentals.

INTERVAL STRENGTH TRAINING Moderate to fast paced class will work all of your muscle groups! Features a mix of free weights, bodyweight and functional and plyometric movements. Finish your class with a blast of core work.

POWER SCULPT Moderately paced fitness class combining cardio and compound strength training. This class will incorporate weights, med balls and step conditioning. Finish up with a blast of core work for a full body workout.

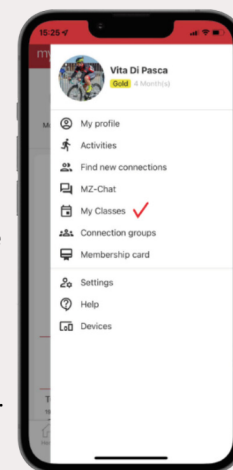
ZUMBA Get ready to sweat in this Latin flavor "fitness-party" class. Easy to follow, body energizing moves keep you motivated and inspired. A combination of fast and slow rhythms are used to sculpt and tone.

RESERVE YOUR SPOT - MYZONE APP!

1. DOWNLOAD MYZONE APP

2. PROCEED WITH REGISTRATION IN APP
Enter The Club's facility code: **PSSWUS001**

3. BOOK YOUR SPOT IN CLASS
Access the home menu in the upper left corner. While on the home menu, click "**my classes**". Click "**book a class**". Choose a class date by swiping the top of the screen. Find desired class, click "**book**". Confirm by clicking "**book now**" and "**confirm**".
- Confirm by clicking "**book now**" and "**ok**".



The **CLUB**
AT PRAIRIE STONE™

TheClubPS.com