

TRYON FOR HER GROUP FITNESS SCHEDULE



February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step/Kickbox Combo 5:30-6:15 am Lisa H	Serious Strength 5:30-6:15 am Barb	*Cycling 5:30 -6:15 am Jaci H	ZUMBA 5:30-6:15 am Jordan	Cardio Muscle 5:30-6:15 am Sara	Feb 4th TABATA 8:00-9:00 am Jaci H
Pilates with Props 8:45 - 9:45 am Patti		Pilates 8:30-9:30 am Katie		Pilates 8:30-9:30 am Katie	Feb 4th **BLAST** 9:30-10:15 am Mary
	Power Flex 9:00 -9:45 am Mary				Feb 11th Novelty Step 8:00-9:00 am ROO
Strength Interval 12:15-12:45 pm Mary	*Cycling 12:15-12:45 pm Bobbi	Athletic Pilates 12:15-12:45 pm Bobbi	Buns & Guns 12:15 - 12:45 pm Barb	Super Duper 12:15-12:45 pm Bobbi	Feb 11th * Spin/Mat 9:30-10:30 am Briana
	*BLAST 12:15 - 12:45 pm Mary (fitness floor)		*BLAST 12:15 - 12:45 pm Mary (fitness floor)		Feb 18th ZUMBA 8:00 am Jordan P
Power Flex 4:45-5:30 pm Bobbi	TBC 4:45 - 5:30 pm AMANDA	Cardio Blast 4:45-5:30 pm Barb/Kristy	* Kids DANCE 4:15-5 pm Ali		Feb 25th TBC 8:00 am Amanda F
CARDIO SHAKE-UP 5:30-6:30 pm Jaci-6th &27th /Mary - 13th/ROO -20th	ZUMBA 5:30-6:30 pm CYLIE	Strength Interval 5:30-6:30 pm Kristy	TBC: Amanda 5:00 - 5:45 pm Body Jam: Rachel 5:45-6:30 pm		
	Athletic Pilates 6:30-7:00 pm Bobbi	ZUMBA 6:30-7:15 pm Jordan	*Cycling/Mat 6:30-7:30 pm Briana		

WHAT'S NEW.....

Thursdays February 16th - March 29th: "Kids Dance" 4:15-5:00 PM:

Have your child learn the fundamentals and basics of dance - while you work out! These classes are for the beginner 4-6 year old. The class sizes are small - which will give your child the perfect opportunity to learn. Your child will learn dance routines that they will perform during the April 1st Storm halftime show! Ask the front desk for more information.

WELCOME! We are excited to have Andrea Cota, Jordan Peterson and Briana Austin join our staff! Jordan is a trained ZUMBA instructor - and is excited to get movin' with all of you! Briana is currently finishing up her dietetics internship at the Avera Heart Hospital and various other locations. Briana will be teaching CYCLING with a Pilates/yoga mix. Andrea is a certified strength and conditioning specialist through NSCA. She will be teaching various classes along with personal training and working at the front desk.

* Class size is limited so you will need to sign up for this class. Class sign up will be available at 10 am the day prior to class.

Group Fitness Class Description

- **BLAST:** This class is a little of everything! Yes, not only a way to have a “BLAST” over your lunch hour, but a great way to “BLAST” away calories and keep your metabolism going all day long! Class limit is
- **Body Jam:** This power hour combines high volume and endurance training in cardio and strength, plus a mix of plyometrics and agility training, core balance and abs. Get after it!
- **Cardio Muscle:** This class is an excellent mix of cardio training and muscle toning, it’s athletic driven and sure to deliver a total body workout!
- **Cardio Shake-Up:** If you love cardio – we’ve got cardio! Join us for a blend of cardio formats and ‘shake-up’ your routine!
- **Cycling/Mat:** After a 45 minute hard ride on the bike – why not take it to the floor for some relaxation and core strengthening work. You will thank us! ☺
- **Group Cycling:** Lace up and get ready to burn 700 calories for this bike ride! This class is great for everyone –from the advanced athlete to the brand-new beginner. Bring your water bottle!
- **Pilates:** Make your body strong, light, and long – like a dancer’s with this SO good for you class! Pilate’s foundations focus on breathing, shoulder blade stability, ribcage connection and pelvic placement to help you build a long, lean, and flowing body. You will leave refreshed and energized.
- **Pilates with Props:** During this class you will kick it up a notch! You will use the same great Pilates moves while using balls and bands in order to get even more strength building benefits.
- **Road Trip:** Just like a good ol’ Road Trip - this class is a blend of different moves. Get in the right mind set - because you are on a trip full of fun here!
- **Step/Kickbox Combo:** A blend of traditional kickboxing moves combined with Step aerobics.
- **Serious Strength/Power Flex:** The Power House of all classes! This class works all muscles in a progression that is sure to give you an incredible workout with amazing results!
- **Step:** This class is a high energy continuous cardiovascular workout featuring standardized movements patterns on the step. High-intensity with challenging combinations. This class can be tailored for any fitness level.
- **Strength Interval:** A super charged 30 minute workout that incorporates sports drills, calisthenics, weights, and resistance tubing to push muscles to fatigue.
- **Sculpting:** Toning and strength drills deliver a great lunch time class that will keep your muscles toned and tight.
- **Super Duper:** Feel the BURN! This class focuses on all the major muscle groups for 5 minutes at a time and is a great way to mix things up for a Super Shocker.
- **TBC (Total Body Conditioning):** Want it all? Then this is the class for you! TBC combines a mix of cardio training and strength training for an energized workout. You get the best of both worlds in this class.
- **TABATA:** This class is intense 4 minutes at a time. Expect to work hard and have fun. Ahh, just in time for the Super Bowl!
- **ZUMBA®:** Dance to upbeat Latin rhymes and easy to follow moves in this super FUN class.