

CLASS DESCRIPTIONS:

Aqua- Experience a total body workout in the water that's gentle on joints. A great non-impact workout with 25 minutes of cardio & 15 minutes of toning. A definite plus for everyone!

Body Blast- Take yourself to the limit with the ultimate challenge of intense cardio & resistance training; 4 minutes of resistance upper & lower body training to 2 minutes of intense cardio.

Body Shaping- Class consisting of steps, resistance bands, & weights to strengthen/ tone the entire body.

Bootcamp- Increase your strength and endurance with a variety of cardio segments that keep your workouts fresh, result driven & performance wise. Workouts may include dumbbells, BOSU, stability balls, elastic bands & more! Simple footwork with all levels encouraged.

CIRCUIT - This 45 minute class is the ultimate way to shape and burn fat and mega calories. It is set up as 1 minute intervals focusing on different major muscle groups using strength or cardio at each station to lose weight and increase muscle. The endless variety will not bore you. The class is for all ages and modified as needed.

Cycle 360 – This 45 minute class is for every fitness level and incorporates the use of the spin bike alternating with strength training. Reserve your bike at the front desk 30 minutes prior to class.

Guts & Butts –This class will shape your legs and glutes to tone that lower body. Along with sculpting your midsection, this class will improve your body's overall function.

H.I.I.T Express- (High Intensity Interval Training) -Basic exercises aim to get you up to your maximum heart rate-delivering maximum results!

InstChoice - Includes drills that increase endurance & power, cardiovascular conditioning, agility, balance & flexibility. Cardiovascular drills will be alternated with resistance work. A mix-up of toning, cardio and weights-you can use the Bench, Bosu or just you and the mat.

Move & Groove – This 45 minute class features simple dance moves that are appropriate for all levels incorporating light cardio with lots of FUN!

Pilates – A Mind – Body Awareness class. You will see improvements in range of motion, flexibility, circulation, posture and abdominal strength – and decreases in back, neck and joint pain. Beginners to advanced levels.

Pump it Up- Tone, sculpt & strengthen your entire body with resistance training. Improve your muscular strength using body bars, dumbbells, bands & other equipment with minimal rest periods between exercises.

R.P.M. - Come take a ride on our indoor bicycles. Bikes are limited - reserve your bike at the front desk 30 minutes prior to class.

Silver Sneakers® Classic 45 minutes Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

STEP- Combinations on & off the platform with advanced choreography & Power Option demonstrations. Appropriate for any fitness level!

Stretch Yoga 45 Minutes Enjoy pure relaxation as you focus on increasing your range of motion. Class is appropriate for all levels & focuses on the stretching component of yoga.

Yoga- Compliments the components of fitness we tend to neglect. Yoga not only improves your flexibility, but will give you strength & balance for a strong lean body. Classes are appropriate for all levels of fitness.

ZUMBA®- Featuring exotic rhythms set to high-energy Latin and international beats. Get fit and see your energy level soar. Easy to do, effective and totally exhilarating! There's no other fitness class like a Zumba® Fitness party!

CLASS INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE! ANY CLASS NOT MAINTAINING AT LEAST 5 PARTICIPANTS REGULARLY WILL BE SUBJECT TO POSSIBLE FUTURE CANCELLATION!

+TRX Suspension Training Available - Sign Up On Schedule - Additional Fee

Monday – 4:30pm Tuesday – 9:00am Wednesday 3:45pm Friday – 10:00am Saturday – 8:30am

APRIL 2018

Group Fitness Schedule | 320.253.4990 | www.midtownfitness.com

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:00		InstChoice		*R.P.M			
8:00	Silver Sneakers® Classic	Silver Sneakers® Classic		Silver Sneakers® Classic	Move & Groove	Step *+TRX 8:30	
8:45						Pump It Up	
9:00	Body Blast	*+TRX	Body Shaping	*R.P.M.	Zumba®		
9:30						*R.P.M./ Zumba®	
10:00	Yoga	Yoga Stretch	Yoga	Yoga Stretch	Yoga *+TRX		
10:30						Yoga	
11:00	Silver Sneakers® Classic		Silver Sneakers® Classic		Move & Groove		
					*R.P.M.		
11:30		Pilates		Pilates			
12:15	*R.P.M.	*Cycle 360	12:00 Zumba ®	Circuit	Body Shaping		
3:45	*R.P.M.		*+TRX	Zumba® Express			3:30 *R.P.M.
4:30	CIRCUIT *+TRX	Core	*R.P.M.	Pump It Up			Yoga
5:15				Yoga			
5:30	Zumba®	Bootcamp	H.I.I.T. Express	*Cycle 360			
6:15		Yoga					

*Indicates Class is on the Basketball Court

+TRX Suspension Training – Sign Up On Schedule - Additional Fee

WATER AEROBICS SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
9:00	Aqua	Aqua	Aqua	Aqua	Aqua		
5:30	Aqua		Aqua				

CLUB HOURS

WEEKDAYS 5AM –10PM
SATURDAY 6AM - 8PM
SUNDAY 6AM - 8PM

CHILDCARE HOURS

M-TH 8:30AM – 11:30AM / 4:30PM –7:30PM
FRIDAY 8:30AM – 11:30AM
SAT 8:30AM - 11:30AM SUN – NOT AVAILABLE