



vernon group fitness schedule

effective January 20, 2025
(time- instructor)

NEW

VIRTUAL SPINNING

club hours
mon-thur 5:00a-10p
fri 5:00a-9p
saturday 7:00a-5p
sunday 7:00a-2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:30a - spinning (45m)	5:30a Healthy Hustle (45m - Deb)	5:30a Spinning (45m - Ryan)	5:30a Healthy Hustle (45m - Karen)	5:30a - spinning (45m)		
7:30a Progressive Strength (30m- Darlene)	6:15a spinning (45m - Bryan)		6:15a spinning (45m - Bryan)		7:15a - spinning (30m)	7:15a-spinning (30m)
8:00a - spinning (45m)	8:30a BASIC Step (30m - Katrina)	8:00a - spinning (45m)	8:30a BASIC Step (30m - Katrina)	8:00a - spinning (45m)	8:00a step & abs (45m- Katrina) 8:00a spinning (45m- Lisa)	8:00a spinning (45m - Kelly)
8:00a Dance Rhythms (55m-Darlene)				9:00a Bodypump Express (30m-Katrina)		
9:00a Bodypump Express (30m - Katrina)	9:00a Progressive Strength (30m - Katrina)	9:00a Bodypump (55m -Sue)	9:00a Progressive Strength (30m - Katrina)	9:30a CORE & More (30m - Katrina)	9:00a Bodypump Express (30m-Rodolfo) 9:30a CORE & More (30m - Rodolfo)	9:00a Bodypump (55m-Staff)
9:30a CORE & More (30m - Katrina)	9:30a ZUMBA (55m-Kathy)		9:30a ZUMBA (55m- Kathy)	10:00a Dance Rhythms (55m-Darlene)		
10:00a Zumba (55m-Krissy)				11:00a Progressive Strength (30m - Darlene)	10:15a Group Centergy (55m-Marie)	
	11:00a yoga (60m - Deb L)		11:00a yoga (60m -Deb L)	11:30a Stretch (30m - Darlene)		10:30a yoga (60m-Nicola)
PM	PM	PM	PM	PM	PM	PM
12:15p - spinning (30m)	12:15p - spinning (30m)	12:15p - spinning (30m)	12:15p - spinning (30m)	12:15p - spinning (30m)	12:15p - spinning (30m)	12:15p-spinning (30m)
	4:30p - spinning (45m)	4:30p - spinning (45m)	4:30p - spinning (45m)	4:30p - spinning (45m)		
5:30p spinning (45m-Lisa G)	5:30p Bodypump (55m-Laura)	*5:30p HIIT* Strength (30m -Michael) *6:00p HIIT* Cardio (30m - Michael)	5:30p Bodypump (55m-Laura)			
5:30p HIIT Strength (30m - Michael) *6:00p HIIT* Cardio (30m - Michael)	6:00p spinning (45m -Fatima)	6:00p spinning (45m-Fatima)	6:00p spinning (45m-Margaux)			
6:30p Group Centergy (55m-Linda)	6:30p Zumba (55m - Rodolfo)	6:30p Group Centergy (55m-Linda)	6:30p Dance Rhythms (55m -Kaleigh)			

group fitness class descriptions

bike training

Spinning: This class matches terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

Virtual Spinning: Spinning classes that are led virtually in our spin studio projected on our massive screen.

cardio

BASIC Step: Improve your overall fitness and get all the benefits of a high intensity cardio workout without putting stress on your joints! Using an adjustable STEP platform to target legs, upper body, and core, you'll build strength and flexibility as well as balance, coordination, and agility. An incredibly fun workout for ALL fitness levels that is ideal for maintaining your target body weight.

Saturday Step & Abs Class: Faster paced STEP class-previous step experience helpful.

ZUMBA: A fusion of Latin AND International music with easy to follow moves. You'll combine high and low-intensity for an interval style, calorie burning DANCE party!

Dance Rhythms: A high energy Dance Fitness class starting with basic moves and building to unique choreographed routines. Featuring music from all genres that will keep you moving and grooving for a fun one hour workout, that will prove you are better when you are dancing.

Kickboxing: A cardio based interval training workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay tai. Strike punch and kick your way through calories to superior cardio fitness. Unleash yourself!

HIIT Cardio: A High Intensity Interval Training class that will have you pushing through short bursts of intense work followed by periods of rest. Burn extra calories, boost your metabolism, improve heart health, and increase endurance in this quick 30min workout!

mind, body & core

Group Centergy: Grow longer & stronger as you explore this 55-minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress, and even smile!

Yoga: A mind and body training program that will change the way you feel about your body forever. You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

Stretch: Designed for all fitness levels to help you focus on improving flexibility, range of motion, and muscle & joint health. This class will help you relax, reduce stress, and prevent injury.

strength training

Bodypump: Bodypump is a revolutionary weight-training workout in a group fitness setting. Use barbells with adjustable weights, set to motivating music, and burn up to 600 calories in an hour. **WARNING:** bodypump is an exercise routine that gets results...fast! Try **Bodypump Express** to get all that in just 30 minutes!

Progressive Strength: This class will develop dynamic strength, balance, flexibility, and agility that will carry over into your daily activities and sports performance. The body adapts exercise and needs to be constantly challenged in order to continue to grow and change! Progressive Strength is for ALL ages and ALL fitness levels.

Healthy Hustle: An interval training class consisting of high-rep and low-weight strength training paired with cardio interval bursts. What a great way to start your day!

Core & more: Looking for a short, sharp workout to strengthen and tone your body? Core is for you! It focuses on the torso and sling muscles that connect your upper body to your lower body. This 30 minute workout uses resistance tubes, weight plates, and body weight exercises.

HIIT Strength: A High Intensity Interval Training class that will have you pushing through short bursts of intense work followed by periods of rest. Using a variety of equipment you'll increase strength & endurance, improve bone density, and reduce stress in a quick 30 minutes!

virtual classes **available with BLUE, PURPLE & YELLOW Memberships**

In addition to our LIVE classes in-club you can get access to over 750 VIRTUAL classes! Choose from a variety of formats including strength, cardio, dance, yoga, and everything in between - ASK US TODAY how you can take the classes you love, wherever you are, whenever you want, 24/7!

