



October 2025

MONTHLY Event Calendar GROUP FITNESS CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Tabata Spinning 6:00p (Fatima)	2	3	4 BodyPump LAUNCH 8:00a BodyPump LAUNCH 9:00a Group Centergy LAUNCH 10:15a Cardio for a Cause: Breast Cancer Awareness Dance Party 9:15a (Vicky)
5	6 Pump It Up With P!nk 9:00a (Brigid) Country Ride 5:30p (Kelly)	7 Spinning - Hills Edition 6:00p (Fatima)	8 BodyFlow LAUNCH 10:15a 80's Spin 6:00p (Fatima)	9	10 Pump It Up With P!nk 9:00a (Brigid) CX Works Core LAUNCH 9:00a	11 BodyCombat LAUNCH 8:30a BodyPump LAUNCH 9:30a
12	13 Pump It Up With P!nk 9:00a (Brigid)	14	15	16 The Life of a Showgirl - A Taylor Swift Themed Spin Class 6:00a (Bryan)	17 Pump It Up With P!nk 9:00a (Brigid)	18 The Life of a Showgirl - A Taylor Swift Themed Spin Class 7:45a (Bryan) Spooktacular Cardio Dance Party 9:15a (Vicky)
19 BodyPump LAUNCH 9:00a The Life of a Showgirl - A Taylor Swift Themed Spin Class 9:15a (Bryan)	20 Pump It Up With P!nk 9:00a (Brigid)	21	22	23	24 Pump It Up With P!nk 9:00a (Brigid)	25 Spooktacular Cardio Dance Party 9:15a (Vicky) Haunted Ride: A Halloween Spin Experience 9:15a (Chris L.)
26	27 Spooktacular BodyPump 9:00a (Brigid) Zumba Halloween Bash 6:45p (Marisa)	28 Spooky Yoga 11:00a (Deb L.)	29 Fright Night Kickboxing 9:00a AND 6:15p (Brigid) BooTacular Body Pump 5:30p (Jessica)	30 Spooky Spin 6:00a (Chris) Halloween Zumba 9:30a (Kathy) Halloween Dance Rhythms w. COSTUMES! 6:30p (Kaleigh)	31 Spooktacular BodyPump 9:00a (Brigid)	

Big Sky Location

- Newington
- Vernon
- Simsbury
- Farmington

Class Types

- Cardio
- Strength Training
- Mind, Body & Core

BEST OF Hartford 2025 WINNER

24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 09 08 07 06 05 04 03

*Spots are available on a first-come, first-served basis; no registration is required.

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EVENT DESCRIPTIONS

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CARDIO

Tabata Spinning: Ready to push your limits? This ride is built around the powerful Tabata format. 20 seconds of all-out effort, followed by 10 seconds of recovery, repeated for multiple rounds. It's short, sharp, and sweaty, designed to maximize calorie burn and build explosive strength and endurance.

Cardio for a Cause: Breast Cancer Awareness Dance Party: Join us for an energizing, uplifting cardio dance fitness class in honor of Breast Cancer Awareness Month! This fun-filled session combines high-energy music, easy-to-follow dance moves, that will get your heart pumping while supporting a great cause. Whether you're a seasoned dancer or just love to move, this class is for all fitness levels. We'll groove, sweat, and smile together as we wear our pink and show support for those affected by breast cancer.

Country Ride: Boots, Beats & Bikes! Saddle up for a ride powered by country hits old and new! Pedal to the rhythm of boot-stompin' anthems and heart-pumping tracks that'll make you feel like you're flying down a country backroad.

Spinning – Hills Edition: Get ready to climb! This class is all about power, endurance, and pushing past your limits as we take on a series of rolling hills and steep climbs. We'll start with a warm-up on the flats, then gradually build resistance as we rise through long, grinding climbs and short, explosive hill sprints. Expect heart-pounding beats, heavy legs, and that unbeatable feeling of conquering the peak.

80's Spin: Turn up the neon and get ready to sweat to the soundtrack of the 80's! This high energy ride takes you back to the era of big hair, bold beats, and legendary anthems. Expect powerful climbs, speedy sprints, and fun choreography on the bike. All synced to the greatest hits from Madonna, Prince, Queen, Journey, and more.

The Life of a Showgirl – A Taylor Swift Themed Spin Class: Step into the spotlight for a glitz-and-glam spin experience inspired by Taylor Swift's show-stopping energy and her dazzling Eras Tour meets Vegas Showgirl vibes! In this themed ride, we're celebrating Taylor's fiercest, flashiest, and most fabulous tracks — from high-glam eras to dramatic ballads and club-ready remixes!

Spooktacular Cardio Dance Party: Get ready to BOO-gie down in this high-energy Spooky Halloween Cardio Dance class! Join us for a fang-tastic session packed with hauntingly good beats, wicked dance moves, and festive fun that'll leave you sweating and smiling. Dress up (if you dare) and come dance your heart out to a mix of Halloween hits, pop favorites, and spine-tingling remixes. Whether you're a ghost, ghoul, or glam witch, all are welcome on the dance floor!

Haunted Ride: A Halloween Spin Experience: Join us for a chillingly good time in this Halloween-themed indoor spin class, where the lights go low, the beats go dark, and the energy is electrifying! Set to a killer playlist of Halloween hits, eerie remixes, and pulse-pounding tracks, this ride will have your heart racing — in more ways than one. Whether you're a cycling newbie or a spin class regular, you'll love this spooky sweat session packed with themed intervals, climbs, and sprints that'll leave you breathless and bewitched.

Zumba Halloween Bash: Get ready to shake, shimmy, and spook your way through a Halloween-themed Zumba class! Join us for a high-energy dance workout set to your favorite Halloween hits and party tracks and thrilling vibes. – Costumes Optional (but encouraged!)

Fright Night Kickboxing: Punch, kick, and sweat to a spooky soundtrack at our Halloween-themed Kickboxing class on Wednesday, October 29 at 9:00 AM and 6:15 PM. This high-energy workout will have you unleashing your inner fighter while the music and atmosphere bring the chills (and the burn). Costumes or festive gear welcome—just make sure you can move! Knock out your workout with a little Halloween spirit!

Spooky Spin: Clip in for a chillingly fun ride set to haunted hits and Halloween favorites!

Halloween Zumba: Step into the spookiest dance party of the year! Halloween Zumba is a high energy, monster mash-up of Latin rhythms, chart hits, and Halloween classics. We'll salsa with skeletons, shimmy with spirits, and shake it like witches on broomsticks. Expect thrilling cardio, fun costumes, and enough sweat to wake the dead.

Halloween Dance Rhythms with COSTUMES! Creep it real this Halloween with a dance class like no other! We're mixing spooky tracks, killer choreography, and costume fun for a full on fright night workout. Expect ghostly grooves, monster mash-ups, and witchy wiggles that will get your heart racing and your spirit howling. Costumes are highly encouraged. The more creative, the better!

STRENGTH TRAINING

BodyPump LAUNCH: This release is a modern strength endurance class. We hit all the key drivers – great music, simple choreography and strength training. Simple, fresh and current, Body Pump 134 is your new strength solution!

BodyCombat LAUNCH: Get ready to unleash your inner warrior with the brand new release! This high-energy, martial arts-inspired workout is back with fresh music, fierce moves, and powerful combinations that will leave you feeling unstoppable. Expect explosive cardio, core-shredding sequences, and empowering moments that challenge both your body and mind.

CX Works Core LAUNCH: Get ready to power up your midsection with the brand new release of Les Mills Core! This 30-minute workout is scientifically designed to build core strength, improve posture, and enhance overall performance — whether you're training for sport or just life. With killer tracks and functional training that targets your abs, glutes, back, and obliques, this release is all about results.

Pump It Up With PINK: Join us for a special BODYPUMP® class set to the empowering music of PINK. For the first three weeks of October, we'll lift, press, and squat to her biggest hits—building strength, endurance, and confidence while moving for a cause. This class is part of our Breast Cancer Awareness Month events so wear pink to show your support, bring your energy, and let's raise the bar—together.

Spooktacular BodyPump: Get ready to lift to a hauntingly good playlist! Join us for a Halloween-themed BODYPUMP® on Monday 10/27 and Friday 10/31 at 9:00 AM. We'll pack the room with powerful moves, eerie beats, and all the spooky energy you can handle. Costumes and festive attire are encouraged—just make sure you can still squat, press, and curl!

Boo-Tacular Body Pump: Lift, squat, and press your way through a spooktacular BodyPump workout set to eerie beats and Halloween favorites. Come in costume or Halloween colors (if you dare!) and get ready for a frightfully fun full-body burn.

MIND, BODY & CORE

BodyFlow LAUNCH: Step into stillness and strength with the brand new release of BodyFlow. This class blends elements of Tai Chi, Pilates, and traditional yoga into a flowing sequence that enhances flexibility, builds core strength, and leaves you feeling calm and centered. Set to serene yet empowering music, the new release brings fresh choreography, inspiring transitions, and deep stretches to help you move with purpose and breathe with intention.

Group Centergy LAUNCH: Group Centergy will be your broadly appealing mind-body solution, because it's unlike anything on your schedule. The workout is inspired by yoga and Pilates, yet it includes core and mobility work, transitional strength training, and more. Centergy is an amazing stand-alone workout, or exercisers might treat it as recovery from more physically demanding workouts.

Spooky Yoga: Step onto your mat for a hauntingly good flow where balance meets boos. This class blends grounding yoga postures with a playful Halloween twist. Think cobweb stretches, pumpkin spice breathing, and a little ghostly core work. By candlelight or with spooky beats, we'll summon strength, release tension, and leave feeling eerily centered.