

NOVEMBER

GROUP FITNESS SCHEDULE



» IRONWORKS NORTH DOJO » IRONWORKS NORTH AEROBICS RM. 1 » IRONWORKS NORTH AEROBICS RM. 3

MON

TABATA & STRETCH
6:00 AM

30/30
11:30 AM

FUNCTIONAL FLEXIBILITY
11:30 AM

ZUMBA
5:15 PM

POWER PUMP
6:30 PM

TUE

YIN YOGA
4:00 PM

WED

SPIN EXPRESS
11:30 AM

HATHA YOGA
11:30 AM

SPIN
5:15 PM

THU

SPIN
6:00 AM

ZUMBA
11:30 AM

HATHA YOGA
11:30 AM

30/30
5:15 PM

ZUMBA
6:30 PM

NO CLASSES NOV 11 & NOV 28 • NO YOGA CLASSES NOV 4 • NO EVENING SPIN CLASS NOV 6 • NO SPIN EXPRESS & SPIN CLASS NOV 27
EXPRESS CLASSES ARE 30 MINUTES • ALL OTHER CLASSES ARE 60 MINUTES • NO CLASS ON U.S. FEDERAL HOLIDAYS
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

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GROUP FITNESS SCHEDULE



30/30: A mixed modality workout including cardio, strength and flexibility training to improve your overall fitness.

ZUMBA: Dance your way to a fitter you with Latin-based high and low-intensity intervals designed to boost your cardiovascular endurance.

TABATA & STRETCH: Interval training in blocks of 20 seconds with 10 seconds of rest using a variety of fitness equipment and body-weight movements. This class features an extended cool down to improve your overall flexibility.

SPIN: A non-weight bearing, heart-pumping workout on a spin bike. Ride flats, hills, intervals, and sprints to the beat of the music.

YIN YOGA: A meditative practice that intentionally counters high energy activities and strength training, focusing on myofascial release and restoring the nervous system through long hold Yoga stretches that foster wellbeing for the body, mind, and soul.

PROGRESSIVE HATHA YOGA: A class that takes your practice to the next level by incorporating fundamental and intermediate Yoga poses with meditation to cultivate strength, flexibility, and unity for the mind, body, and soul.

FUNCTIONAL FLEXIBILITY TRAINING: A science-based approach to Yoga stretching that focuses on increasing functional mobility and range of motion. Add this class to your weekly routine to support weight training, long distance running, or advance in your Yoga practice

POWER PUMP: A full-body strength and endurance bootcamp style class that utilizes a variety of equipment to include weights, resistance bands, medicine balls, Aerobic step platforms etc.

All levels of fitness are welcome to any class; exercises and weights can be adjusted as necessary.