

GROUP FITNESS SCHEDULE

APRIL



IRONWORKS NORTH
AEROBICS RM. 1



IRONWORKS NORTH
AEROBICS RM. 3



IRONWORKS NORTH
DOJO



IRONWORKS SOUTH
AEROBICS RM.

MON

**TABATA &
STRETCH**
6 AM

30/30
11:30 AM

ZUMBA
5:15 PM

POWER PUMP
6:30 PM

TUE

SPIN
6 AM

MIXXEDFIT
11:30 AM

MIXXEDFIT
6:30 PM

WED

SPIN EXPRESS
11:30 AM

ZUMBA
11:30 AM

SPIN
5:15 PM

MIXXEDFIT
6:30 PM

THU

SPIN
6 AM

ZUMBA
11:30 AM

HATHA YOGA
11:30 AM

30/30
5:15 PM

ZUMBA
6:30 PM

FRI

SPIN
6 AM

MIXXEDFIT
11:30 AM

ZUMBA*
5:15 PM

MIXXEDFIT
5:15 PM

SAT

MIXXEDFIT
10:30 AM

*WILL BE AT IRONWORKS NORTH AEROBICS RM. 1 ON APR 11

NO MIXXEDFIT CLASS ON APR 12 • EXPRESS CLASSES ARE 30 MINUTES • ALL OTHER CLASSES ARE 60 MINUTES
NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

APRIL

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.

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.

MIXXEDFIT

A mix of explosive dancing and body weight toning. The routines feature Aerobic interval training with a combination of fast and slow rhythms.