



GROUP FITNESS SCHEDULE

JUNE



IRONWORKS NORTH
AEROBICS RM. 1



IRONWORKS NORTH
AEROBICS RM. 3



IRONWORKS NORTH
DOJO



IRONWORKS SOUTH
AEROBICS RM.

MON

**TABATA &
STRETCH**
6 AM

**CIRCUIT &
CONDITIONING**
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

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

**CARDIO
KICKBOXING &
CONDITIONING**
5:15 PM

ZUMBA
6:30 PM

FRI

MIXXEDFIT
11:30 AM

ZUMBA
5:15 PM

MIXXEDFIT
5:15 PM

SAT

MIXXEDFIT
10:30 AM

NO CLASSES ON JUN 19 • NO YOGA CLASSES ON JUN 26 • NO ZUMBA CLASSES JUN 4 & 6 • NO SPIN CLASSES ON JUN 3, 4, & 5
ALL CLASSES ARE 60 MINUTES • NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

JUNE

CIRCUIT & CONDITIONING

Mixed workout modality consisting of resistance training, cardio and endurance training with the use of a variety of equipment.

CARDIO KICKBOXING & CONDITIONING

Cardio workout routines that combine martial arts techniques and aerobic exercise. As well as muscle conditioning with dumbbells and body weight.

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.