

JULY

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 AM

TUE

- SPIN
6:00 AM
- ZUMBA
11:30 AM
- YIN YOGA
4:00 PM
- ZUMBA
6:30 PM

WED

- SPIN
6:00 AM
- HATHA YOGA
8:30 AM
- 30/30
9:30 AM
- SPIN EXPRESS
11:30 AM
- GLUTES & ABS
11:30 AM
- SPIN
5:15 PM

THU

- SPIN
6:00 AM
- ZUMBA
11:30 AM
- 30/30
5:15 PM
- ZUMBA
6:30 PM

FRI

- ZUMBA
11:30 AM

SAT

- SPIN
9:00 AM
ONE SATURDAY OF THE MONTH
JULY 13 ONLY
- ZUMBATHON
10:00 AM
JULY 13
IRONWORKS NORTH
SPORTS COURT

NO CLASSES JULY 4 • NO YOGA CLASSES JULY 10, 29, 30, AND 31 • NO 6 AM SPIN CLASSES JULY 23, 24, AND 25
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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30/30: A mixed modality workout including cardio, strength and flexibility training to improve your overall fitness.

GLUTES & ABS: A strength and conditioning class targeting the lower body and core.

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.

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