



GROUP FITNESS SCHEDULE

JULY



IRONWORKS NORTH
AEROBICS RM. 1



IRONWORKS NORTH
AEROBICS RM. 3



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

**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 JUL 4 • NO ZUMBA CLASS JUL 18

ALL CLASSES ARE 60 MINUTES • NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.



GROUP FITNESS SCHEDULE

JULY

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.

MIXXEDFIT

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