

APRIL

GROUP FITNESS SCHEDULE



» IRONWORKS NORTH DOJO » IRONWORKS NORTH AEROBICS ROOM

MON

TABATA & STRETCH

9:30 AM

30/30

11:30 AM

YIN YOGA

11:30 AM

ZUMBA

5:15 PM

TUE

SPIN

6:00 AM

ZUMBA

11:30 AM

FUNCTIONAL FLEXIBILITY

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

*FIRST SATURDAY OF THE MONTH APR 6 ONLY • NO YIN YOGA CLASS ON APR 29 • 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

GROUP FITNESS SCHEDULE



30/30: A mixed modality workout that can include 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.