

## GROUP FITNESS SCHEDULE

# SEPTEMBER

**N1** IRONWORKS NORTH  
AEROBICS RM. 1

**N3** IRONWORKS NORTH  
AEROBICS RM. 3

**S** IRONWORKS SOUTH  
AEROBICS RM.

### MON

**TABATA &  
STRETCH**  
6 AM <sub>N1</sub>

**CIRCUIT &  
CONDITIONING**  
11:30 AM <sub>N1</sub>

**ZUMBA**  
5:15 PM <sub>N3</sub>

**POWER PUMP**  
6:30 PM <sub>N1</sub>

### TUE

**SPIN**  
6 AM <sub>N1</sub>

**MIXXEDFIT**  
11:30 AM <sub>s</sub>

**MIXXEDFIT**  
6:30 PM <sub>s</sub>

### WED

**ZUMBA**  
11:30 AM <sub>N3</sub>

**SPIN**  
5:15 PM <sub>s</sub>

**MIXXEDFIT**  
6:30 PM <sub>s</sub>

### THU

**SPIN**  
6 AM <sub>N1</sub>

**ZUMBA**  
11:30 AM <sub>N3</sub>

**CARDIO  
KICKBOXING &  
CONDITIONING**  
5:15 PM <sub>N1</sub>

**ZUMBA**  
6:30 PM <sub>N1</sub>

### FRI

**MIXXEDFIT**  
11:30 AM <sub>s</sub>

**ZUMBA**  
5:15 PM <sub>s</sub>

**MIXXEDFIT**  
5:15 PM <sub>N3</sub>

### SAT

**MIXXEDFIT**  
10:30 AM <sub>s</sub>

NO SPIN CLASSES SEP 22-30 • NO ZUMBA CLASSES SEP 26 • ALL CLASSES ARE 60 MINUTES  
NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

# SEPTEMBER

## **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.