

NOVEMBER



IRONWORKS NORTH
AEROBICS RM. 1



IRONWORKS NORTH
AEROBICS RM. 3



IRONWORKS SOUTH
AEROBICS RM.

MON

TUE

WED

THU

FRI

HATHA YOGA

6 AM N1

ZUMBA

5:15 PM N3

SPIN

6 AM N1

MIXXEDFIT

5:15 PM S

SPIN

5:15 PM S

SPIN

6 AM N1

MIXXEDFIT

5:15 PM S

MIXXEDFIT

5:15 PM S

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

NOVEMBER

ZUMBA

Dance your way to a fitter you with Latin-based high and low-intensity intervals designed to boost your cardiovascular endurance.

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.

HATHA YOGA

A science-based approach to Yoga stretching that focusses 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.