



GROUP FITNESS SCHEDULE

JULY

 IRONWORKS NORTH
AEROBICS RM. 1

 IRONWORKS NORTH
AEROBICS RM. 3

 IRONWORKS SOUTH
AEROBICS RM.

MON	TUE	WED	THU	FRI	SAT
<p>TABATA & STRETCH 6 AM</p> <p>CIRCUIT & CONDITIONING 11:30 AM</p> <p>ZUMBA 5:15 PM</p> <p>POWER PUMP 6:30 PM</p>	<p>SPIN 6 AM</p> <p>MIXXEDFIT 11:30 AM</p> <p>MIXXEDFIT 6:30 PM</p>	<p>ZUMBA 11:30 AM</p> <p>SPIN 5:15 PM</p> <p>MIXXEDFIT 6:30 PM</p>	<p>SPIN 6 AM</p> <p>ZUMBA 11:30 AM</p> <p>CARDIO KICKBOXING & CONDITIONING 5:15 PM</p> <p>ZUMBA 6:30 PM</p>	<p>MIXXEDFIT 11:30 AM</p> <p>ZUMBA 5:15 PM</p> <p>MIXXEDFIT 5:15 PM</p>	<p>MIXXEDFIT 10:30 AM</p>

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.

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.