



JANUARY

GROUP FITNESS SCHEDULE

N1 IRONWORKS NORTH AEROBICS RM. 1

N3 IRONWORKS NORTH AEROBICS RM. 3

S IRONWORKS SOUTH AEROBICS RM.

ND IRONWORKS NORTH DOJO

SD IRONWORKS SOUTH DOJO

MON	TUE	WED	THU	FRI
<p>HATHA YOGA 6 AM N1</p> <p>POWER PUMP 11:30 AM N1</p> <p>ZUMBA 5:15 PM N3</p>	<p>SPIN 6 AM N1</p> <p>FUNCTIONAL FLEXIBLTY Noon s</p> <p>MIXXEDFIT 5:15 PM s</p>	<p>SPIN 5:15 PM s</p> <p>HATHA YOGA 6:30 PM N1</p>	<p>SPIN 6 AM N1</p> <p>MIXXEDFIT 5:15 PM s</p>	<p>PROGRESSIVE HATHA YOGA 6 AM ND</p> <p>MIXXEDFIT 5:15 PM s</p>

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



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.

POWER PUMP

A full body workout utilizing various fitness equipment to strengthen upper and lower body and core. The workout ends with stretching to cool your body down.

ALL LEVELS OF FITNESS ARE WELCOME TO ANY CLASS; EXERCISES AND WEIGHTS CAN BE ADJUSTED AS NECESSARY.