

# GROUP EXERCISE

**MONDAY**

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	SUNRISE YOGA	(A) KANISHA	2
6:30AM-7:30AM	BOXWOD	SAM	B
7:00AM-7:30AM	GRIT CARDIO/PLYO	KALEIGH	1
7:00AM-7:45AM	BODYCOMBAT EXPRESS	(A) LEXIE	4
7:45AM-8:15AM	CXWORX	(A) LEXIE	4
8:30AM-9:30AM	BARRE	NATALIE K	4
8:30AM-9:15AM	SPIN45	(A) SARAH	C
12:15PM-1:00PM	SPIN45	(A) ALEX	C
5:00PM-6:00PM	POUND	RACHELLE	1
5:00PM-6:00PM	ZUMBA	NATALIE R	3
5:00PM-6:00PM	BOXWOD	SCOTT	B
5:15PM-6:15PM	BODYPUMP	(A) ABAGAYLE	4
5:30PM-6:15PM	SPIN45	(A) BETH	C
6:10PM-7:10PM	BODYCOMBAT	TAYLOR KELSEY	3
6:25PM-6:55PM	CXWORX	ABAGAYLE	4
7:00PM-8:00PM	BARRE	NORMA	4
7:20PM-7:55PM	KETTLEBELL BOOTCAMP	GABBY	3
7:30PM-8:00PM	GRIT CARDIO/PLYO	TAYLOR	1
7:30PM-8:30PM	POWER YOGA	HALLIE	2
8:00PM-8:20PM	CORE	GABBY	3
8:10PM-9:10PM	BODYPUMP	ALEXA	4
8:15PM-9:15PM	BOOTCAMP	TRAVIS	PT
8:45PM-9:30PM	SH'BAM	PAUL	2

**WEDNESDAY**

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	BOXWOD	(A) SAM	B
6:30AM-7:30AM	SUNRISE YOGA	(A) KANISHA	2
7:00AM-7:45AM	BODYCOMBAT EXPRESS	(A) LEXIE	4
7:45AM-8:15AM	CXWORX	(A) LEXIE	4
8:30AM-9:30AM	BARRE	NATALIE K	4
10:00AM-11:00AM	VINYASA YOGA	(A) HALLIE	2
5:00PM-6:00PM	BOXWOD	SCOTT	B
5:00PM-6:00PM	POUND	(A) RACHELLE	1
5:00PM-6:00PM	STRIKE (STARTS 1/17)	LINDA	3
5:15PM-6:15PM	BODYPUMP	GABBY	4
5:30PM-6:15PM	SH'BAM	(A) PAUL	2
5:30PM-6:30PM	AQUA INTERVALS	(A) NORMA	P
6:00PM-6:45PM	SPIN45	LIZZY	C
6:10PM-7:10PM	BODYCOMBAT	ALI ALEXA	3
6:25PM-6:45PM	CORE	GABBY	4
6:30PM-7:30PM	RESTORATIVE YOGA	(A) JESSICA	2
7:00PM-8:00PM	BARRE	NORMA	4
7:30PM-8:00PM	GRIT CARDIO/PLYO	LIZZY	1
7:30PM-8:30PM	BOOTCAMP	TRAVIS	PT
8:10PM-9:10PM	BODYPUMP	EMILY ALEXA	3
8:15PM-8:45PM	GRIT STRENGTH	KALEIGH	1
8:45PM-9:45PM	ZUMBA	Z	2

**SAT**

TIME	CLASS	INSTRUCTOR	RM
10:15AM-11:15AM	BOOTCAMP	(A) TRAVIS	PT
10:30AM-11:30AM	BODYPUMP	(A) ALEXA	3

**TUESDAY**

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	SUNRISE YOGA	(A) HALLIE	2
7:30AM-8:15AM	SPIN45	(A) LIZZY	C
7:30AM-8:30AM	BODYPUMP	(A) LEXIE	4
12:30PM-1:30PM	VINYASA YOGA	(A) NANCY	2
5:00PM-5:30PM	GRIT CARDIO/PLYO	KANISHA	1
5:00PM-6:00PM	BODYPUMP	ABAGAYLE	3
5:30PM-6:30PM	BODYCOMBAT	(A) TAYLOR	4
5:30PM-6:00PM	HIIT CYCLE	LINDA	C
5:30PM-6:30PM	AQUA INTERVALS	(A) NORMA	P
6:15PM-7:00PM	KETTLEBELL BOOTCAMP	NATALIE K GABBY	3
6:40PM-7:40PM	ZUMBA	Z	4
7:00PM-7:30PM	GRIT STRENGTH	TAYLOR	1
7:00PM-8:00PM	SPIN & CORE	BETH	C
7:05PM-7:25PM	CORE	NATALIE K GABBY	3
7:35PM-8:35PM	BODYPUMP	EMILY MIRACLE	3
8:15PM-9:00PM	TRX CORE	TRAVIS	1
8:15PM-9:15PM	BODYCOMBAT	LIZZY ALI	2
8:30PM-9:30PM	MOVE N GROOVE	ALEXIS	4

**THURSDAY**

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	SUNRISE YOGA	(A) HALLIE	2
7:00AM-7:45AM	BODYCOMBAT EXPRESS	LEXIE	4
7:45AM-8:15AM	CXWORX	LEXIE	4
8:30AM-9:15AM	SPIN45	SARAH	C
12:30PM-1:30PM	VINYASA YOGA	(A) NANCY	2
12:30PM-1:00PM	GRIT STRENGTH	(A) KALEIGH	1
4:30PM-5:30PM	BARRE	JESSICA	3
5:00PM-6:00PM	BODYPUMP	GABBY	4
5:00PM-5:30PM	GRIT STRENGTH	TAYLOR	1
5:30PM-6:15PM	SPIN45	(A) LINDA	C
5:40PM-6:40PM	ZUMBA	(A) RACHELLE NATALIE R	3
6:45PM-7:45PM	BODYPUMP	EMILY MIRACLE	4
6:50PM-7:50PM	BODYCOMBAT	ALI KELSEY	3
8:15PM-9:00PM	TRX CORE	TRAVIS ABAGAYLE	1
8:30PM-9:30PM	MOVE N GROOVE	ALEXIS	4

**FRIDAY**

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	MOBILITY WOD	(A) SAM	B
7:30AM-8:00AM	GRIT STRENGTH	(A) LIZZY	1
12:00PM-1:00PM	BODYCOMBAT	(A) ALEXA	4
12:15PM-1:00PM	BODYPUMP EXPRESS	(A) ABAGAYLE	3
12:15PM-1:00PM	SPIN45	(A) ALEX	C
1:00PM-1:30PM	CXWORX	ABAGAYLE	3
5:00PM-6:00PM	MOBILITY WOD	SCOTT	B
5:30PM-6:15PM	SH'BAM	(A) PAUL KALEIGH	2
6:30PM-7:30PM	BOOTCAMP	TRAVIS	PT

**SUN**

TIME	CLASS	INSTRUCTOR	RM
5:15PM-6:15PM	POUND	(A) RACHELLE	1
5:30PM-6:30PM	ZUMBA	(A) Z	2
6:00PM-7:00PM	BODYPUMP	EMILY MIRACLE	4

**KEY**  
 1 - Studio 1      3 - Studio 3      P - Pool  
 2 - Studio 2      4 - Studio 4      PT - Outside of  
                          C - Cycle Studio      Personal Training  
 (A) - Open to HealthyUNCG/ActiveU

# GX CLASS DESCRIPTIONS

## **BODYPUMP®**

Uses light to moderate weights with loads of repetitions to give a full body workout. Instructors will coach you through scientifically proven moves, pump out encouragement, motivation and great music to help you achieve your goals! You'll leave the class feeling challenged and motivated.

(EXPRESS is 45 min)

## **BODYCOMBAT®**

A high-energy martial arts-inspired non-contact workout. Punch and kick your way to fitness and burn tons of calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude!

(EXPRESS is 45 min)

## **ZUMBA®**

A combination of Latin and International music/dance themes that create a dynamic, exciting workout that everyone can do! Featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## **MOVE N GROOVE**

Ditch the workout and join the party! Learn fun moves and unique combinations to dance your stress away. This class is set to great music and anyone can do it!

## **SH'BAM®**

A fun-loving, insanelly addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## **POUND® NEW**

Pound is the cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

## **SPIN45**

A 45-minute class designed to give riders an intense, time-efficient ride. All the benefits of a cycle class – you just get to your destination sooner.

## **HIIT CYCLE NEW**

It's a 30-minute, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

## **CYCLE & CORE NEW**

Smashing two popular formats into one streamlined class. Spike the heart on the bike and then focus on the core with strong abdominal training.

## **POWER YOGA**

A dynamic, powerful and sweaty class designed to challenge and awaken the muscle and tissues. This energetic flow style is designed for all levels to gain greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind.

## **RESTORATIVE YOGA NEW**

A restorative yoga practice to calm your mind and body, leading you to find inner peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe.

## **VINYASA YOGA**

Vinyasa yoga utilizes the connection of breath and movement to safely explore depth in postures and poses. Another essential component is to calm the brain and nervous system during the middle of the day. Come find strength and peace all in one hour.

## **SUNRISE YOGA**

Rise and shine with a mindful yoga practice. This gentle approach of progressions and poses create a natural flow to start your day and the strength, flexibility and coordination links the mind, body and breath for all the days to come.

## **TRX® CORE NEW**

The TRX Suspension Trainer is a highly portable performance training tool that leverages gravity and the user's body weight. TRX (Total-body Resistance X-training) exercises develop strength, balance, flexibility and core stability simultaneously.

## **BOOTCAMP NEW**

The one-stop small group training class that combines strength and cardio to get fit with your coach and team. Training takes place across the third floor. Meet outside the PT suite.

## **KETTLEBELL BOOTCAMP**

Kettlebell Bootcamp is for everyone from the couch potato to the elite athlete. You'll learn exercises that use kettlebells to maximize fat burn during a 45-minute butt-kicking session. Work by completing cardio swings, executing strength building presses and embracing the toning and flexibility aspects of the windmill.

## **BOXWOD**

In the Olympic lifting studio off the weight room, BOXWODs (Workout Of the Day) is the Crossfit® inspired functional training program that performed at a higher intensity. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

## **MOBILITY WOD**

Improve flexibility and mobility while relieving tension in muscles and joints from your weekly training or from everyday life. Using tubes, rollers and other equipment, it's time to be a more comfortable, healthier you.

## **CXWORX®**

The program that focuses on quick gains that leave you with a stronger and leaner core regardless of your fitness level. In 30 minutes you will feel changes in your stomach and butt, as well as improving functional strength, making you better at everything you do.

## **CORE**

Small in time. Big in results. This 20-minute ab workout is designed to challenge your abdominals, obliques and surrounding core muscles to create a short, but effective challenge.

## **GRIT® STRENGTH**

LES MILLS GRIT® STRENGTH is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

## **GRIT® CARDIO/PLYO**

LES MILLS GRIT™ PLYO and CARDIO is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Scientifically proven to increase aerobic fitness, unleash fast-twitch muscle fiber and grow lean muscle, your metabolism will be in overdrive and 30 minutes is all it takes.

(CARDIO and PLYO alternate weeks)

## **AQUA INTERVALS**

This class held in the pool improves conditioning, muscular strength and endurance using the buoyancy and resistance of the water. Complete a safe, effective, and fun workout! Allow yourself a break from the 'impact' on the body while enjoying the water.

## **BARRE**

Using flexibility, aerobics and elements of strengthening exercises dancers do, Barre is fun and empowering delivering a result driving workout that sculpts your body into amazing shape.

## **STRIKE NEW**

COMING SOON