

## PHIFER WELLNESS CENTER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b> <b>CrossFit</b>	<b>6:00 AM</b> <b>CrossFit</b>	<b>6:00 AM</b> <b>CrossFit</b>	<b>6:00 AM</b> <b>CrossFit</b>	<b>6:00 AM</b> <b>CrossFit</b>	
				<b>9:00 AM</b> <b>Aqua Stand Up</b>	
<b>10:00 AM</b> <b>Fit &amp; Strong</b>	<b>10:00 AM</b> <b>Water Fitness</b>	<b>10:00 AM</b> <b>Fit &amp; Strong</b>	<b>10:00 AM</b> <b>Water Fitness</b>	<b>10:00 AM</b> <b>Fit &amp; Strong</b>	<b>10:00 AM</b> <b>CrossFit</b>
<b>11:00 AM</b> <b>CrossFit</b>	<b>11:00 AM</b> <b>CrossFit</b>	<b>11:00 AM</b> <b>CrossFit</b>	<b>11:00 AM</b> <b>CrossFit</b>	<b>11:00 AM</b> <b>CrossFit</b>	
<b>11:00 AM</b> <b>Yoga</b>	<b>11:00 AM</b> <b>Yogalates</b>	<b>11:00 AM</b> <b>Yoga</b>	<b>11:00 AM</b> <b>Yoga</b>	<b>11:00 AM</b> <b>Yoga</b>	
<b>12:15 PM</b> <b>DB Strength Training</b>	<b>12:15 PM</b> <b>Abs</b>	<b>12:15 PM</b> <b>HIIT</b>		<b>12:15 PM</b> <b>Boot Camp</b>	
<b>4:30 PM</b> <b>CrossFit</b>	<b>4:30 PM</b> <b>CrossFit</b>	<b>4:30 PM</b> <b>CrossFit</b>	<b>4:30 PM</b> <b>CrossFit</b>	<b>4:30 PM</b> <b>CrossFit</b>	
<b>5:30 PM</b> <b>CrossFit</b>	<b>5:30 PM</b> <b>CrossFit</b>	<b>5:30 PM</b> <b>CrossFit</b>	<b>5:30 PM</b> <b>CrossFit</b>		
<b>5:30 PM</b> <b>Water Fitness</b>	<b>5:30 PM</b> <b>Functional Fitness</b>	<b>5:30 PM</b> <b>Kickboxing</b>	<b>5:30 PM</b> <b>Functional Fitness</b>		

**CrossFit Members**

**Group Fitness Plus**

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## CLASS DESCRIPTIONS

**Group Fitness + classes are \$3 each or \$20 a month** (unlimited classes)

- Abs** A class focused on core strength and trimming that mid section. **GROUP FITNESS ROOM**
- Aqua Stand Up** Is a 30 minute training program inspired by the stand up paddle board mixed with different fitness techniques like HIIT, Pilates, Yoga, with the instability of the paddle board to make it a little more difficult. There is a \$5 charge for this class and it does require you to reserve your spot at the front desk. **POOL**
- DB Strength Training** A 30 minute class that focuses on strength training with dumbbells and other weights. **GROUP FITNESS ROOM**
- Fit & Strong** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support. **GROUP FITNESS ROOM**
- HIIT** This interval training class will get that heart rate to that fat burning zone. This class is 30 minutes and varies between moderate to high intensities, while using equipment like TRX, balls, ropes, weights, ViPRs, steps, and more. **GROUP FITNESS ROOM**
- Pilates** Increase fitness with a body conditioning class that builds flexibility, balance, and strength targeting the body's core. **GROUP FITNESS ROOM**
- Functional Fitness** This full body workout will combine body weight exercises with a variety of equipment (DBs, kettlebells, stability balls, bands) in order to improve overall muscle tone, endurance, and flexibility. All levels are welcome. **GROUP FITNESS ROOM**
- Water Fitness** This 45 minute class will focus on heart rate to help improve your cardiovascular fitness for daily activities! **POOL**
- Yoga** Build fitness with a focus on the mind-body connection. This class brings awareness to proper breathing and stretching throughout each movement. **GROUP FITNESS ROOM**
- Yogalates** An exercise class inspired by combining Yoga and Pilates and harnessing the physical and mental benefits of both practices. **GROUP FITNESS ROOM**
- Kickboxing** Kick and punch your way into shape with this circuit training class. **GROUP FITNESS ROOM**
- A CrossFit Membership is \$75 a month** (only \$45 if you're a participant in Healthy Your Way or Wellworx)
- CrossFit®** A constantly varied strength and conditioning program where you perform functional movements at “your” high intensity. **CrossFit Room**

*Remember, levels are based on intensity. YOUR, intensity. Move at your speed.*