



December 2–December 22

Fall III

Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM (FS) STRONG by Zumba® 45 Megan	6:00 AM (NG) Boot Camp 45 Missy	8:15 AM (FS) Cardio & Weights Julie	6:00 AM (NG) Boot Camp 45 Missy	8:15 AM (FS) Cardio & Weights Julie
10:30 AM (FS) BOSU Fit Victoria	8:45 AM (FS) HIIT Express (30) Megan	9:30 AM (CR) Fit Yoga 45 Kim	8:45 AM (FS) HIIT Express (30) Courtney	9:30 AM (FS) *Spin® & Flow* Aprille
NOON (FS) Dance Fit Renee	9:30 AM (FS) Fit Yoga 45 Courtney	9:30 AM (FS) STRONG by Zumba® 45 Megan	9:30 AM (FS) Fit Yoga 45 Ser	NOON (FS) Dance Fit Renee
5:30 PM (CR) Beginning Fit Yoga Jen	10:30 AM (FS) Tighten & Tone Courtney	NOON (FS) Zumba® Courtney	10:30 AM (FS) Barre Fit Ser	
5:45 PM (FS) Dance Fit Ser	12:30 PM (FS) *Spin® Express* Richard	5:45 PM (FS) Hip Hop Sarah	12:30 PM (FS) *Spin® Express* Richard	
5:45 PM (NG) Boot Camp 45 Lauren	5:45 PM (NG) Functional Fitness Missy		5:45 PM (FS) Zumba® Sarah	
	7:00 PM (FS) Zumba® Hannah		5:45 PM (NG) Functional Fitness Missy	
		Schedule subject to change. Visit worthington.org for the most up to date information.		
				SATURDAY
				9:15 AM (FS) *Spinning®* Brian
				10:15 AM (FS) Boot Camp 45 Allyson
				11:30 AM (FS) Zumba® Sarah
				SUNDAY
				2:00 PM (FS) Dance Fit Courtney
				4:00 PM (FS) Fit Yoga Ser

Prices and Class description on the back side of this schedule.

Spinning® Cards

Group Fitness Punch Cards do not include Spinning® classes. A Spinning® Card will be required for all Spinning® classes.

WPRD Group Fitness Class Descriptions 2019

Group Fitness Classes

Accessible by Using Group Fitness Monthly Unlimited, Punch Card, or Drop-In Purchase • Ages 13 and up

Beginner Fit Yoga

If you are new to yoga and want to focus on correct alignment and getting the most out of each pose this class is for you! Also great for seasoned yogi's looking for an alignment tune up!

Boot Camp 45

This 45 minute class combines strength conditioning and athletic drills for an all-star workout.

BOSU FIT

A total body fitness class used to increase strength, endurance and balance. The BOSU, weights and bands will be used to burn the maximum amount of calories. This class will incorporate cardio and strength training. Modifications will be given to make this class great for all levels.

Cardio & Weights

This workout is the perfect solution to end boring workouts. Different cardio formats and strength training exercises will be done in each class offering.

Dance Fit

Tone it up, Squat it out, and jam in this 45 min class filled with songs from 80,90 and today! Try not to sing along.

Fit Yoga

This class uses elements of yoga to increase overall flexibility and strength with a focus on the muscles of the core. Some Yoga experience recommended. Fit Yoga 45 will incorporate all elements of the 60 min class in 45 min

Functional Fitness

Enjoy a great workout using weights, balls, sliders, and any other fun equipment that we can use to train ourselves for better overall health! Great class for all fitness levels and abilities.

HIIT Express

High Intensity Interval Training packed into a 30 minute workout. We will move quickly between exercises to keep your heart rate up, burn calories, strengthen and have fun!

Hip Hop

This workout features a hip hop playlist along with easy to follow hip hop moves.

Group Fitness Punch Card Prices

For savings on Group Fitness Classes (excluding Session Based Fitness Classes: Yoga, Pilates, Pure Fitness, Pure Strength) consider purchasing a Punch Card

Our **Punch Cards** are available in 8 or 16 classes that allow you to attend a Group Fitness Class when it's convenient for you.

	RESIDENT / MEMBERS PRICE	non-RESIDENT PRICE
8 Class Pass	\$36	\$47
16 Class Pass	\$72	\$94

Our Monthly Unlimited option is the best value and allows you to take a wide variety of classes each week. (Monthly Unlimited Cards will be valid each calendar month. Prices will not be prorated for cards purchased mid month.)

	RESIDENT / MEMBERS PRICE	non-RESIDENTS
Monthly Unlimited Pass	\$40	\$52

Spinning® Punch Card Prices

For savings on Spinning® Classes

Our **Spinning® Cards** are available in 6 or 12 classes that allow you to attend a Spinning® Class when it's convenient for you.

	RESIDENT / MEMBERS PRICE	non-RESIDENT PRICE
6 Class Pass	\$ 30	\$36
12 Class Pass	\$60	\$72

Low Impact/Low Impact & Weights

Get a cardio and toning workout that's nice and easy on the knees; Low Impact & Weights adds sculpting movements for a total body workout.

Sculpt

Strengthen every major muscle group using a variety of equipment and techniques.

STRONG by Zumba®

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Burn calories while toning arms, legs, abs and glutes

Tabata + Core

Tabata is a HIIT (High Intensity Interval Training) program that features exercises that last 4 minutes each. We will do 45 minutes of Tabata Training, followed by 15 of core work.

Zumba®

Zumba® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. Classes are 60 minutes unless otherwise noted.

Spinning®

Spinning® is an indoor cycling class with no complicated moves to learn, top-notch instructors, and music that begs your legs to pedal. Going nowhere can really take you places! All classes are 45 minutes unless otherwise noted.

A Spinning® Card will or Drop-In Purchase is required for all Spinning® classes. Ages 16 and up

Spin®&Flow

Work hard for the first 30 minutes on the bike, then hop off and experience a total body stretch.

Spin®Express

Experience all the benefits of Spinning packed into a 30 minute class, perfect for your lunch break!

New to Spinning? Please arrive 10 minutes before class for proper bike set up.

Sign in for Spinning Classes begins 30 minutes before class. First come, first served.