

Winter 1 Group Fitness Jan 2–Feb 17, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM (FS) Cardio & Weights Tina	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 (CR) Cardio Line Dance Judy	8:15 AM (FS) Muscle Mix Tina	9:30 AM (FS) STRONG by Zumba® 45 Megan	8:15 AM (FS) Muscle Mix Tina	NOON (FS) Dance Fit Renee
9:30 AM (FS) STRONG by Zumba® 45 Megan	9:30 AM (FS) Fit Yoga 45 Courtney	NOON (FS) Zumba® Courtney	9:30 AM (FS) Fit Yoga 45 Ser	5:45 PM (FS) Hip Hop Ser
10:30 AM (FS) BOSU Fit Victoria	10:30 AM (FS) Zumba® Courtney	4:30 PM (FS) Fit Yoga Jen H	10:30 AM (FS) Barre Fit Ser	SATURDAY
NOON (FS) Dance Fit Renee	4:30 PM (FS) Sculpt Megan	5:45 PM (FS) Hip Hop Sarah	1:30 PM (FS) Low Impact Judy	10:15 AM (FS) Boot Camp 45 Allyson
4:30 PM (FS) Strength & Stretch Jen H	5:45 PM (NG) Step & Sculpt Jennie	Schedule subject to change. Visit worthington.org for the most up to date information.	4:30 PM (FS) Sculpt Megan	11:30 AM (FS) Zumba® Sarah
5:30 PM (CR) Beginning Fit Yoga Stephanie	7:00 PM (FS) Zumba® Hannah		5:45 PM (FS) Zumba® Sarah	SUNDAY
5:45 PM (FS) Dance Fit Ser			5:45 PM (NG) Step & Sculpt Jennie	2:00 PM (FS) Dance Fit Courtney
				4:00 PM (FS) Fit Yoga Ser

Spinning®

Group Fitness Punch Cards will no longer include Spinning® classes. A Spinning® Card will be required for all Spinning® classes. See back for more details and pricing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	12:30 PM (FS) Spin® Express Richard	6:00 AM (FS) Spinning® Richard	12:30 PM (FS) Spin® Express Richard	9:30 AM (FS) Spin® & Flow Aprille	9:15 AM (FS) Spinning® Brian	Prices and Class description on the back side of this schedule.

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.

WPRD Group Fitness Class Descriptions 2018

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

Hip Hop

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

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.

Muscle Mix

Focus on strengthening major muscle groups mixed with short bursts of cardio.

Sculpt 50

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

FS=Fitness Studio • CR=Community Room • NG=North Gym

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

Spinning® Cards:

Beginning September 4, Group Fitness Punch Cards will no longer include Spinning® classes. A Spinning® Card will be required for all Spinning® classes. Group Fitness Cards purchased before September 4 will be accepted for Spinning® classes through December 31, 2018.

Strength & Stretch

This low impact workout will strengthen your core and muscles using weights, resistance, movement and yoga. We will end with a good yoga stretch. Breathe, strengthen and relax!

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

Step & Sculpt

This class alternates cardio step patterns and strength training for an interval-style workout.

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.

Accessible by Using Group Fitness Punch Card or Drop-In Purchase • Ages 16 and up

Spin®Combo

Get in a powerful 30 minute Spinning® ride followed by a 30 minute weight-training routine.

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!