

Wednesday 12/7	Thursday 12/8	Friday 12/9	Saturday 12/10	Monday 12/12	Tuesday 12/13
6:15-7:00 <b>Studio Cycling</b> CS Ellie Kitzmiller	6:15-7:15 <b>Cycle Boot Camp</b> CS Emma Kongs	6:00-7:00 <b>CrossFit</b> DP Josie Jensen	9:15-10:15 <b>CrossFit</b> FD Josie Jensen	6:00-7:00 <b>CrossFit</b> FD Josie Jensen	
		6:15-7:15 <b>TRX Pilates Fusion</b> TRXS McKenzie Murray	9:30-10:30 <b>Cycle Boot Camp</b> CS Camryn Landes		
		7:15-8:15 <b>CrossFit</b> DP Josie Jensen			
12:15-12:45 <b>Lunchtime Power Pilates</b> MBS Ellie Kitzmiller		12:15-1:00 <b>Strike!</b> SS Nikki Kilian & Emma Kongs		12:15-1:00 <b>Strike!</b> SS Emma Kongs	
4:00-5:00 <b>Power Pump</b> DS Emma Kongs	4:15-5:15 <b>Pilates</b> MBS McKenzie Murray	4:00-5:00 <b>Power Pilates</b> MBS Ellie Kitzmiller		4:15-5:15 <b>Power Pilates</b> MBS McKenzie Murray	4:30-5:15 <b>Studio Cycling</b> CS Ellie Kitzmiller
	4:15-5:00 <b>Rhythm Ride</b> CS Nikki Dorton	4:30-5:15 <b>Studio Cycling</b> CS Emma Kongs		4:00-4:45 <b>Full Body Circuits</b> TRXS Lilly Wilson	4:30-5:00 <b>HIIT</b> TRXS Elijah Bowens
	4:30-5:00 <b>HIIT</b> TRXS Grant Plitt	4:15-5:00 <b>Full Body Circuits</b> TRXS Grace Nohava			
5:15-6:00 <b>Cardio Dance</b> AS Alana Spitzers	5:00-6:00 <b>Body Blast</b> DS Anna Ennis	5:15-6:00 <b>Cardio Dance</b> AS Alana Spitzers		5:00-6:00 <b>Body Blast</b> TRXS Anna Ennis	5:30-6:15 <b>Studio Cycling</b> CS Emma Kongs
	5:30-6:30 <b>Cycle Pilates Fusion</b> CS Ellie Kitzmiller	5:15-6:15 <b>Restorative Yoga</b> MBS Grace Nohava		5:30-6:30 <b>Vinyasa Yoga</b> MBS Grace Nohava	
	6:15-7:00 <b>Full Body Circuits</b> TRXS Nathan McCracken			6:30-7:15 <b>Strike!</b> SS Ellie Kitzmiller & McKenzie Murray	6:30-7:30 <b>Restorative Yoga</b> MBS Grace Nohava
	6:45-7:45 <b>Vinyasa Yoga</b> MBS Grace Nohava				
	7:30-8:30 <b>Step &amp; Sculpt</b> DS Emma Kongs			7:30-8:30 <b>Step &amp; Sculpt</b> DS Alana Spitzers	7:45-8:45 <b>Body Blast</b> DS Anna Ennis

# LIBERTY

## LAHAYE RECREATION & FITNESS CENTER

12/7-12/13 Group Exercise Schedule

### Studio Key

- MBS – Mind Body Studio
- DS – Dance Studio
- CS – Cycling Studio
- DP – David’s Place
- SS – Strength Studio
- TRXS – TRX Studio
- FD – Front Desk
- AS – Aerobics Studio

## Class Descriptions

### Strength:

**Power Pump** – This class is designed to improve strength and endurance by challenging all your muscle groups. This non-cardio, fat-burning class incorporates the barbell to perform the best weight-room exercises.

**Barre Sculpt** – Barre Sculpt is a totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Sculpt delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

**Sunrise Barre** – Join us for an invigorating early morning practice of fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Sunrise Barre delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

**Full Body Circuits** – Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body, specifically designed to push you to be your best! Each class will be different than the last and will feature a variety of exercise implements to stimulate your muscles. Are you ready for the challenge?

**Body Blast** – Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio routines with specific muscle conditioning.

### Cardio:

**Studio Cycling** – Ride your way through this 45 minute simulated class of challenging hills, climbs, sprints, jumps while getting a full body workout.

**Strike!** – Take some aggression out with this interval style class that encompasses the technical aspects of boxing mixed with high intensity intervals. This full body workout is sure to pack a punch!

**Strike! Express** – Same amount of aggression with limited time? Enjoy our shortened express style Strike! Class. Only 30 minutes, but still packs the same punch!

**Cardio Dance** – A dynamic, high energy dance class consisting of fun choreographing, while improving strength, flexibility, and rhythm!

**Rhythm Ride** – Rhythm Ride puts a fresh new spin on traditional cycling classes by incorporating fun choreography on the bike to give you a great workout.

### Combination:

**CrossFit** – This is a dynamic class for all levels from beginner to advanced. With its high-intensity and incorporation of various equipment, including barbells, CrossFit is the best class to challenge yourself and have fun while doing so!

**Cycle Boot Camp** – An intense combo class where indoor cycling meets strength training. Start with 30 minutes of cycling to get your heart rate up and blood pumping, then move to the floor for 30 minutes of strength training.

**HIIT** – A class designed for the ones who need a quick workout! HIIT is a high intensity interval class that combines cardio and resistance training in a short amount of time to get you the workout that you need in a short amount of time

**Power Pilates** – A class with a twist on the classic Pilates! In addition to everything you love from Pilates, Power Pilates incorporates dynamic high intensity intervals to get your heart rate up, help you burn fat, and leave sweaty and feeling accomplished!

**Cycle Stretch** – Start this 60 minute fusion class off with a 30 minute ride that will get your heart pumping and body sweating. Following your ride, you will enjoy 30 minutes of stretching and mobility to cool you down and leave you feeling refreshed.

**Cycle Pilates Fusion** – Total body conditioning and stretching on the mat meets exceptional calorie burn on the bike! This class begins with a 30 minute ride to get the blood pumping, then move to the mat for 30 minutes of Pilates to strengthen the entire body.

**Step and Sculpt** – This aerobic workout is no longer a thing of the past! Experience this energizing class using a height-adjustable step to learn fun and powerful combinations on, over and around the step to get the heartrate up, then utilize body weight and dumbbell exercises to sculpt lean, strong muscles.

**TRX Pilates Fusion** – Take your Pilates class to the next level! This fusion class will build strength, balance, flexibility, and increase core stability by combining classic Pilates movements and TRX suspension training.

### Mind/Body:

**Pilates** – Relax the mind, strengthen the core. This class will incorporate everything from core strength to total body conditioning and stretching using the principles of Pilates to help you achieve a balanced, toned physique.

**Rhythm Pilates** – This musically timed class combines the best of Pilates to the beat of the music to give an exciting twist on Mat Pilates.

**Lunch Time Yoga** – A shortened practice that will fluidly guide you from one pose to the next – uniting the breath and movement to increase strength, balance, and flexibility. Enjoy the benefits of decreased stress levels so that you can come back to your desk refreshed and energized. All levels welcome.

**Vinyasa Yoga** – A rejuvenating practice that will fluidly guide you from one pose to the next – uniting the breath and movement. This class will work all muscle groups, increasing your total body strength, balance, and flexibility. All levels welcome.

**Restorative Yoga** – A class for the experienced, beginner, injured, or one learning the benefits of yoga. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles