



GROUP FITNESS SCHEDULE: March 2018
FREE Classes for **MEMBERS ONLY** marked by **\$\$**

(xx) Duration of class time in minutes

* Classes in **ORANGE** and **GREEN** are held at **BATH** Location*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	HIIT (45) Rita	HIIT (45) Rita	SHIIT\$ (45) Amy	Sculpt (45) Amy	HIIT (45) Rita		
5:30am					Spinning (45) Jessica		
5:45am			Spinning (45) Jenna				
6:00am		SheFit (60) MBS					
7:30am	\$Body Fusion\$ (60) Haley	Mat Pilates (60) Kelsey		Mat Pilates (60) Kelsey	Body Fusion (60) Haley		
9:00am							Spinning (45) Kim
10:00am						Yoga (60) Kelsey SheFit (60) MBS	
11:00am						Hip Hop Step (60) Dontaye	
11:15am						P4P (60) MBS	
1:00pm						YFF (60) MBS	
5:00pm			YFF (60) MBS	\$Spinning\$ (60) Kim			
5:30pm	Sculpt (50) Amy		Pound (60) Karen				
5:45pm		Zumba (60) Georgia Pound (60) Karen					
6:00pm		SheFit (60) MBS	Circuit (60) Kelly				
6:15pm			WC (60) MBS				
6:30pm				SheFit (60) MBS			
7:00pm	Spinning (45) Kim						
7:15pm	P4P (60) MBS	\$Flow&Restore (60) Sarah P4P (60) MBS		Hot Yoga (60) Anna			
7:30pm				SheFit (60) MBS			

Body Fusion: A low-impact workout that incorporates ballet-style moves and light weights for a total body tone. These small isometric movements will help sculpt muscles, improve flexibility and balance, and create a long lean physique. **FREE CLASS THIS MONTH MONDAY**

Circuit: Circuit training is a high volume (repetitions), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

Flow & Restore Yoga: The events of one's day can make their way into our bodies in the form of muscle tension and shallow breathing (stress). During the first half of this hour-long class you'll release the old through vinyasa flow, which will pave the way toward deeply relaxing restorative poses in the second half. You'll leave prepared for a good nights sleep having the tools necessary for a healthier new day. All levels welcome.

HIIT (High Intensity Interval Training): A total body workout designed to burn the most calories in a short amount of time. Classes are always different from day to day with stations including tabata and machines. It will keep you on your toes as you'll never know what to expect! **FREE CLASS THIS MONTH ON WEDNESDAY!**

Hip Hop Step: an extremely fun and high-energy fitness class using an aerobic stepboard. This class is a great way for ALL FITNESS levels to add fun to cardio training, isolate the buttocks and thighs, but also tone the full body.

Mat Pilates: This mixed level Pilates mat class focuses on strength, precision, and flow of movement. In this small class setting the teacher will present the exercises at multiple levels which allows student to choose to work at a beginning, intermediate, or advanced pace. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

Pound: A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Sculpt: Cardio Strength classes incorporate both strength and cardio to help maximize your time while creating an environment that increases your caloric burn and strength. Build strength and endurance and improve your heart and lung health.

Spinning: Indoor cycling provides a fun and challenging cardiovascular workout for all fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Spinning will enhance your strength and stamina, improve your overall physical health and increase your caloric burn. **FREE CLASS THIS MONTH ON THURSDAY!**

Yoga: A multi-disciplinary class which focuses on alignment and breath awareness while moderately flowing from one posture to the next using breath as the vehicle. Conquest teaches a multi-level yoga which allows students to flow and focus on their breath while detoxing the body, mind, and spirit. **FREE CLASS THIS MONTH ON TUESDAY!**

Zumba: - a dance fitness program that incorporates aerobic movements performed to energetic music. The choreography incorporates hip-hop, social, samba, salsa and merengue.



Mind Body Symmetry (MBS), in partnership with Conquest Fitness, now offer a larger selection of classes to help meet your fitness needs! These classes are currently only offered at the Bath location and will run for 6 weeks at a time. There is special pricing for these classes only.

Pound4Pound (P4P): An innovative total body boxing and kickboxing workout, featuring strength training.

SheFit (SF): Women's body sculpting group class designed to tone the female figure through weight training. Beginner and advanced levels offered.

Youth Fight Fit (YFF): Fitness, boxing, fun, self-esteem, teamwork, and self-defense; while encouraging anti-bullying.

Warrior Cardio (WC): A blend of fat burning & strength circuits, core and boxing combinations.