



**GROUP FITNESS SCHEDULE: JULY 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	PIYO (45) Amy	Sculpt (45) Amy	\$HIITS (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) Aliya		\$Mat Pilates\$ (60) Aliya	Body Fusion (60) Haley		
9:00am							Spinning (45) Kim
10:00am						\$Yoga\$ (60) Teacher Rotation 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	PIYO (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		\$Swerve Cycle\$ (60) Dontaye				
7:15pm	P4P (60) MBS	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.

**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.

**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 FRIDAY!**

**Hip Hop Step:** an extremely fun and high-energy fitness class using an aerobic step board. 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. **FREE CLASS THIS MONTH ON THURSDAY!**

**PiYo:** This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**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

**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 MONDAY!**

**Swerve Cycling:** SPIN + abs, arms + lower body with optional aerobic step board and weights. This class works your entire body and mixes in an amazing, high energy cycling experience on a spin bike! The heart pumping music and playlists will keep you going and the atmosphere will push you to even more amazing results! **FREE CLASS THIS MONTH ON WEDNESDAY!**

**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 SATURDAY!**

**Zumba:** - a dance fitness program that incorporates aerobic movements performed to energetic music. The choreography incorporates hip-hop, social, samba, salsa and merengue. **FREE CLASS THIS MONTH ON TUESDAY!**



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.