



Group Fitness Training Sports Barn Downtown

SUMMER SCHEDULE

STARTING MAY 15

www.sports-barn.com



PHONE 266-1125

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREESTYLE CARDIO 6:00-7:00 a.m.	Power Flex 6:00-7:00 a.m.	Mat Mix 6:00-7:00 a.m.	Power Flex 6:00-7:00 a.m.		Power Flex 8:00-9:00 a.m.
	Freestyle Power Flex w/Mat Mix 7:35-8:30 a.m.		Freestyle Power Flex w/Mat Mix 7:35-8:30 a.m.		X-Flex 9:00-10:30 a.m. <i>Alternates each week</i>
Mat Mix "The Studio" 8:30-9:15 a.m.	Power Flex 8:30-9:30 a.m.		Power Flex 8:30-9:30 a.m.		
Stroller Strides Fee based class* 9:30-10:30 p.m.	BOSU Fusion 9:30-10:15 a.m.	Mat Mix "The Studio" 8:30-9:15 a.m.	BOSU Fusion 9:30-10:15 a.m.		
Sculpt & Sweat 9:45-11:00 a.m.	Power Flex 10:30-11:15 a.m.	Sculpt & Sweat 9:45-11:00 a.m.	Stroller Strides Fee based class* 9:30-10:30 p.m.		
	Beginning Power Yoga GFT Floor noon-1:00 p.m.	Power Flex w/Mat Mix Noon-1 p.m.	Power Flex 10:30-11:15 a.m.		
Power Flex Noon-1 p.m.	X-Flex 4:30-5:15 p.m.	Power Yoga Lifestyle Center Noon-1:00 p.m.	Beginning Power Yoga GFT Floor noon-1:00 p.m.	Power Yoga GFT Floor Noon-1:00 p.m.	
Power Yoga Lifestyle Center Noon-1:00 p.m.	Yoga Lifestyle Center 5:15-6:15 p.m.	Power Flex 4:30-5:15 p.m.	X-Flex 4:30-5:15 p.m.	Friday Night Family Workout 6:00-close	
Power Flex 4:30-5:15 p.m.	Washboard Abs 5:15-5:30 p.m.	Washboard Abs 5:15-5:30 p.m.	Yoga Lifestyle Center 5:15-6:15 p.m.		
	Kick & Condition 5:30-6:45 p.m.	BOSU Boot Camp 5:30-6:30 p.m.	Washboard Abs 5:15-5:30 p.m.		
Washboard Abs 5:15-5:30 p.m.	Pilates Floor Work "The Studio" WF 5:45-7:00 p.m.	Ashtanga Series Yoga Lifestyle Center 5:30-7:00 p.m.	Kick & Condition 5:30-6:45 p.m.		
Step Choreography 5:30-6:30 p.m.				<p>A minimum of eight participants is required for a class to be continued.</p> <p>For more information contact Teresa Potts Wade teresa_wade@sports-barn.com</p>	

LEGEND

GM- GRANDMASTERS/SENIORS

INTRO GFT/WELLFIT & GRANDMASTERS SENIORS CLASSES

LEGEND

WF - INTRO/WELLFIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Group Exercise for Fit Seniors GFT Floor GM 8:30-9:30 a.m.	Circuit Training Fitness Center 6:00-7:00 a.m.	Group Exercise for Fit Seniors GFT Floor GM 8:30-9:30 a.m.	Circuit Training Fitness Center 6:00-7:00 a.m.	Group Exercise for Fit Seniors GFT Floor GM 8:30-9:30 a.m.
Intro Power Flex "The Studio" WF 5:30-6:00 p.m.	Circuit Training Fitness Center 12:05-1:00 p.m.	Intro Power Flex "The Studio" WF 5:30-6:00 p.m.	Circuit Training Fitness Center 12:05-1:00 p.m.	
Lower Body Conditioning w/Abs "The Studio" WF 6:00-6:30 p.m.	4th Tuesday @ 5:30 Free Nutrition Lecture	Lower Body Conditioning w/Abs "The Studio" WF 6:00-6:30 p.m.	WF/B2B Circuit Class & Basic Step "The Studio" WF 5:30-6:30 p.m.	



Downtown

SUMMER CYCLIN' SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interval Cyclin' 6:00-7:00 a.m.	Strength Cyclin' 6:00-7:00 a.m.	Interval Cyclin' 6:00-7:00 a.m.	Endurance Cyclin' 6:00-7:00 a.m.	Cyclin w/Flexible Strength 6:00-7:00 a.m.	Endurance Cyclin' 7:00-8:00 a.m.
	Interval Cyclin' 8:30-9:30 a.m.		Strength Cyclin' 8:30-9:30 a.m.	Cyclin' 9:30-10:30 a.m.	Race Day 9:00-10:00 a.m.
	Interval Cyclin' Noon-1:00 p.m.			Strength Cyclin' Noon-1:00 p.m.	
Athletic Workout 5:30-6:30 p.m.	Athletic Workout 5:45-6:45 p.m.	Athletic Workout 5:30-6:30 p.m.	Cyclin w/Flexible Strength 5:45-6:45 p.m.		

ENDURANCE CYCLIN': Consistent energy usage, complete mental focus (Heart Rate 65-75%)
STRENGTH CYCLIN' Slow, steady hard resistance work (Heart Rate 75-85%)
INTERVAL CYCLIN': Flats, hills, acceleration drills and jumps (Heart Rate 65-92%)
RACE DAY: A solid aerobic base must be built (Heart Rate 80-92%)
ATHLETIC WORKOUT: Mimics an outdoor workout
 Cyclin; w/Flexible Strength. 50 Min Cyclin' with 10 min flexible strength work

GROUP FITNESS & GRANDMASTERS' SENIORS' CLASS DESCRIPTIONS

BACK 2 BASICS GROUP:

DESIGNED TO INTRODUCE NEW EXERCISERS TO ALL ASPECTS OF FITNESS., ORGANIZED IN A GROUP SETTING.

BOSU FUSION:

25 MINUTES CARDIO/25 MINUTES BODY SCULPTING UTILIZING THE BOSU BALL FOR ALL COMPONENTS

CARDIO FUSION:

INTERMEDIATE CARDIO CLASS ALLOWING YOU TO SAMPLE: 15 MIN EACH OF STEP, KICKBOXING AND BOSU BALL.

CIRCUIT TRAINING:

COMBINES CARDIOVASCULAR EXERCISE AND STRENGTH TRAINING IN ONE CLASS.

FREESTYLE CARDIO:

A VARIETY OF CARDIOVASCULAR WORKOUTS TO INCLUDE: INTERVAL STEP, SPEED WALKING, RUNNING, ENDURANCE TRAINING.

Group Exercise for Fit Seniors:

INCREASE STRENGTH, FLEXIBILITY, BALANCE, COORDINATION, AND POSTURE

KICK AND CONDITIONING:

CARDIO KICK BOXING COMBINED WITH ATHLETIC MUSCLE CONDITIONING-GET READY TO SWEAT!

MAT MIX/MAT MIX FOR SENIORS:

COMBINATION OF MAT MIX AND PILATES BASED MAT WORKOUT WITH CALISTHENICS ADDED. BEGINNER'S CLASS WHERE INDICATED.

PILATES FLOOR WORK:

TRADITIONAL PILATES BASED WORKOUT

POWER FLEX:

INCORPORATING THE SCIENCE OF RESISTANCE TRAINING THROUGH THE USE OF VARIABLE WEIGHT BARBELLS. THE EXERCISES ARE PERFORMED TO MUSIC IN A GROUP SETTING. POWER FLEX IS THE PERFECT UNION OF MUSCLE AND MUSIC. IT IS A BARBELL WORKOUT WITH EMPHASIS ON MUSCULAR STRENGTH AND ENDURANCE.

POWER YOGA:

MORE INTENSIVE STYLE OF YOGA TAUGHT IN AN ATHLETIC FORMAT.

SCULPT & SWEAT:

75 MINUTE WORKOUT COMBINING CARDIO MOVEMENTS WITH SCULPTING WORK. GET IT ALL IN 75 MINUTES!

STRETCH & FLEX:

ATHLETIC STRETCHING CLASS TO PREPARE YOU FOR YOUR NOON WORKOUT

* STROLLER STRIDES:

FEE BASED WORKOUT FOR MOMS & CHILDREN. STROLLER BASED WORKOUT.

WASHBOARD ABS:

THIS IS A 15 MINUTE CLASS DEDICATED TO THE ABDOMINALS. COME PREPARED!

X-FLEX:

KICK BOXING, STEP AND ATHLETIC CONDITIONING MIXED & MATCHED WITH INTENSE CHUNKS OF MUSCLE PUMPING RESISTANCE SETS.

YOGA:

TRADITIONAL YOGA ASANAS PRACTICED IN UNION WITH BREATH WITH EMPHASIS ON REPETITION AND STRENGTH