

# Group Fitness Schedule

**Center Hours**  
Monday-Friday 5am to 10pm  
Saturday & Sunday 7am to 5pm

January 6, 2025

Cycling Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Studio is next to the cafe.  Pick up a lanyard at the front desk up to 1 hour before class to reserve your spot.  1 per person	6:00-6:45a Cycling -Nancy  12:15-1:00pm Cycle & Sculpt -Nicole		12:15-1:00pm Cycle & Sculpt -Nicole	6:00-6:45a Cycling -Nancy	★ 9:15-10:15a Cycle Trg. -Maggie	★ 10:15-11:00a Cycling -Rotation
6:00-6:45p Cycling -Sharon	6:00-6:45p Cycling -Cierra	6:00-6:45p Cycling -Sharon	6:00-6:45p Cycling -Stephanie		<b>★ Pop-Up Cycle Classes w/ Morgan</b> -Mondays, 1/6 & 1/20 at 6am -Fridays, 1/10 & 1/24 at 9:15am -Wednesdays, 1/15 & 1/29 at 12pm Saturday, 1/18 at 8am (no 9:15am class on 1/18)	

## Land Based Classes - Group Fitness Studio or Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:40a Group Active™-Charmaine	6:00-6:25a Cardio/Strength Intvl Morgan	5:30-5:55a Cardio Blast -Morgan				
	6:30-6:55a Core Training - Morgan	6:00-6:55a Group Power™ -Morgan	6:00-6:50a Cardio/Strength Intvl Morgan		7:30-8:20a Zumba Fitness -Maria	
8:15-9:15a Yin Yoga - Christina	8:00-8:45am Pelvic Floor & More -Dawn	8:15-9:10a Zumba Fitness -Mabel		8:15-9:10a Yin Yang Yoga - Christina	8:30-9:20a Class Rotation- see below	10:30-11:25am Mindful Hatha Flow -Ailin
9:30-10:25a Hatha Yoga - Maura	9:30-10:15a Chair Yoga - Maura	9:30-10:25a Gentle Yoga - Maura		9:30-10:25am Qigong -Tom	9:35-10:30a Group Power™/Strength - Rotation	
10:30-11:25a Pilates Mat -Delia		10:30-11:15a Forever Young-Charmaine	9:15-10:10a Gentle Flex -Dawn	10:45a-12:00p Pilates Mat + -Delia	11:00a-11:55a Intermediate Yoga -Tom	Classes highlighted IN GREY are on the Gym Floor. Class clean up takes place up to 10 minutes after class end time.
10:30-11:15a Forever Young-Charmaine	10:45-11:15a Foam Roll Stability -Delia	11:30-11:55a Absolutely Abs - Loni	10:30-10:55a Body Works Express Dawn	10:45-11:30a Body Works -Nicole	12:00-12:55p Tai Chi -Tom	
11:30-11:55a Cardio Blast -Morgan	11:30a-12:25p Zumba Fitness -Maria	12:00-12:55p Tabata-Loni	11:15a -12:10p Group Active™-Charmaine		<b>Saturday 8:30am Class Rotation &amp; 9:35am Group Power Instructor</b> 1/4: Triple Threat w/ Morgan 9:35am Group Power w/ Morgan 1/11: Tabata with Charmaine 9:35am Group Power w/ Charmaine 1/18: Group Active with Tammy 9:35am Group Power™ with Tammy 1/25: 8:30am Group Active™ New Choreography Launch w/ Charmaine, Tammy and Jaime, 9:35am Group Power™ New Choreography Launch with Charmaine, Tammy, and Morgan	
12:00-12:55p Group Power™ -Morgan	12:30-1:25p Group Active™-Charmaine	3:30-4:25pm Pilates Mat -Delia	12:30-1:25p Zumba Fitness -Maria			
4:30-4:55p Group Core™ -Larry		4:30-4:55p Butts & Guts -Larry	4:00-4:55p Pi-Fusion -Christy	4:30-4:55p Group Core™ -Larry		
5:00-5:55p Group Power™ -Larry	5:15-6:10p Group Active™-Jaime	5:00-5:55p Group Power™-Larry		5:00-5:55p Group Power™-Larry		
6:00-6:55p Group Active™-Tammy		6:15-7:10p Zumba Fitness -Maria	6:15-7:00p Work It Circuit -Daryus	6:05-7:00pm Pilates Mat -Isabelle		
	6:45-7:40p Yoga Sculpt-Marissa	★ 8:30-9:15p Pilates Mat -Iya	<b>Pop-Up Yoga Hatha Flow with Letty Wed. 1/8 7:15pm</b>		6:15-7:10p Work It Circuit -Oscar	

★ = class updates

### Important Information & Guidelines

Equipment must be thoroughly wiped down after class.

When classes are back to back, please allow time for the previous class participant's to clean up their workout space before entering the studio.

Class formats, times, and instructors are subject to change without notice. Classes with low attendance will be cancelled.



Join us on Saturday, January 25th for the JANUARY 2025 NEW CHOREOGRAPHY LAUNCH for Group Active and Group Power! Saturday morning fun with your LCF Instructors!

**CLASS DESCRIPTIONS** - The Group Fitness Schedules are available at the Member Service Desk and at our website [www.loyolafitness.org](http://www.loyolafitness.org)

## **YOGA - PILATES**

**Foam Roll Stability**-Spend a half hour using the foam roller as a stability challenge. There is a great deal of core work involved in simple balancing and stretching.

**Chair Yoga**- A gentle practice in which postures are performed while seated in a chair. Class moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone with balance concerns.

**Hatha Yoga**- A traditional yoga class where you will move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness.

**Hatha Flow**- Perform continuous movements from one pose to the next without a break in between, allowing for smooth, blended movements similar to vinyasa but not as vigorous.

**Gentle Flex**- Experience gentle active range of motion exercises that increase flexibility and strengthen at the same time. An ideal format for the older adult.

**Gentle Yoga**- Moves at a slower pace to focus on individuals' needs & ranges of motion. An ideal format for the older adult or anyone looking for restorative practice.

**Intermediate Yoga**- This yoga class combines breath & movement, proper alignment & pose endurance in a flowing style of yoga. Previous yoga experience recommended.

**Pelvic Floor & More**- Learn how to do diaphragmatic breathing while engaging your pelvic floor muscles and then learn to incorporate the pelvic floor muscles with basic foundational movement patterns including some basic balancing.

**Pilates Mat-All levels** Learn the traditional core strengthening exercises created by Joseph Pilates. Pilates will help strengthen your core, hips, and lower back.

**Pilates Mat +** - The first 40-45 minutes of the class are a fairly standard, if simplified Pilates Mat sequence. After a 5min. break, class reconvenes to attack the more ambitious Pilates mat exercises for 10-15 minutes. It's highly recommended that the first part of the class is done before part two, as part one prepares the body for the greater challenges.

**Pi-Fusion** - A unique practice, combining contemporary pilates movements with exercises using lighter weights to help sculpt & strengthen. Each workout will focus on utilizing your core to help ensure you're working your whole body. Modifications & progressions in every class to ensure everyone can join where ever you're at in your fitness.

**Qigong**- A centuries-old system of coordinated body postures, movements, breathing, and meditation used to facilitate optimal health and spirituality. Class will utilize standing exercises that promote mobility and flexibility throughout the joints to create suppleness and youthful vitality throughout the body.

**Tai Chi**- Class involves a series of movements performed in a slow gentle way. Focus on breathing and body awareness in this slow moving form of meditation.

**Vinyasa Yoga**- A style of flowing yoga characterized by connecting poses using rhythmic, efficient, & fluid transitions. *Previous yoga experience recommended.*

**Yin Yoga**- Target deep tissues in passive, mostly floor poses that are held 3-5 minutes. Like a mini-meditation that allows the muscles to soften & move closer to the bone.

**Yin Yang Yoga**- A blend of slow & focused Hatha yoga movements balanced with the deep stretches/longer holds of Yin Yoga. Strengthen, heat up then stretch and cool down.

**Yoga Sculpt**- A quick flowing full body yoga class using light weights, vinyasa and cardio bursts. Enjoy upbeat music & a faster pace. Yoga experience recommended, not required.

## **CARDIO - STRENGTH - CORE**

**Absolutely Abs/Core**- Get your abs in shape w/ 360' coverage while performing Ab-focused exercises like curls, planks, twists, etc., using resistance balls, small balls & weights.

**Body Works** -A gentle 3 dimensional workout using a variety of equipment in all different planes of motion. Work your muscles like never before.

**Butts & Guts**- A temporary class on Wednesdays at 4:30pm in June with Larry. Use bands and body weight to target the abdominals, hips, glutes, and hamstrings in just 25 minutes.

**Cardio Blast**- Simple drills & basic exercises that will get your heart pumping & make you sweat. Drills can be modified to fit your needs. Bands/light weights may be used.

**CardioKick Combos**- Get your body moving with aerobic style kicks, jabs and punches paired with traditional cardio exercises to achieve a full body workout. A fun class that will keep you moving and burning calories! Not a regular class on the schedule but you will find it on Saturdays as part of the 8:30am Rotation class.

**CardioKick & Strength Intervals** - The same great workout as CardioKick Combos but with an extra focus on muscle strength & endurance using dumbbells and body weight. Not a regular class on the schedule but you will find it on Saturdays as part of the 8:30am Rotation class.

**Cardio Strength Intervals (CSI)**- High intensity class that has fun and unique combinations to build cardiovascular endurance, strengthen muscles and keep the body challenged.

**Cycling**-This class provides music and coaching that begs your legs to pedal through varied terrain. Heart rate monitors are recommended. Arrive early for bike set up.

**Cycle & Sculpt** - Class combines cardio on the bike and strength and core work off the bike with dumbbells and body weight exercises. Arrive early, class size limited.

**Pop-Up Cycle**- Special classes added to the schedule each month. Still arrive early to get your lanyard and for bike set up.

**Forever Young**- This class combines low impact cardio, balance, strength, and stretching exercises for the purpose of improving daily function in the older adult. Participants should be able to move freely in all directions.

**Group Active™** -A diverse 1-hour workout that improves cardiovascular fitness, builds total-body strength, & enhances Movement Health™ for daily life. Inspiring music & professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. ACTIVATE YOUR LIFE! Perfect if you are newer to exercise or have not exercised in a long time. Also ideal for the super busy and fit who need to get it all – cardio, strength, balance, and flexibility.

**Group Core™**- Gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health™. Expert coaching & motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, The STEP®, and a towel. GET HARD CORE!

**Group Power™**- is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG! Expect high-rep training, athletic movements, and a periodized training approach.

**Tabata**- Work one body part STRONG for brief periods of time with a 10 second break in between. It's intense, fun & over before you know it. Tabata is known as the "4 Minute Workout"! Boost post exercise caloric burn so your metabolism keeps burning more calories long after class is over. Modifications can be given.

**Triple Threat**- A fun fast paced class to keep your body challenged and guessing! Class combines plyometric cardio exercises, strength training, and high energy cardio boxing! Each of these is broken into 15-minute segments to elevate your heart rate and work the total body.

**Work It Circuit**- Join our fitness specialists/trainers for a combination of strength and cardiovascular exercises. This class is never the same!

**Zumba Fitness**- Join the Zumba party! Dance to salsa, merengue, cumbia & reggaeton rhythms. Get your heart pumping & body moving. You won't even realize it's exercise!