










GROUP FITNESS CLASS SCHEDULE

05/01/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYPUMP 530-625A Studio AB Erin CORE 745-81 5A Studio AB Virtual 815 - 910A INDOOR Pool SHALLOW H2O Deb  830-920A MB Studio CLASSIC Karen 830-920A Studio AB CST Brigid 920-1020A Cycle Studio DRIVEN (CYCLE) Amanda  930-1020A MB Studio CLASSIC Karen 930-1020A Studio AB DANCE FUSION Issrah 1030-1120A Studio AB TOTAL BODY SCULPT Amanda 1030-1120A MB Studio VINYASA YOGA Wendy 1130-1220P Studio AB CARDIO FIT Amanda LES MILLS BODYPUMP 530-625P Studio AB Sharaze 530-620P Cycle Studio DRIVEN (Cycle) Michele 530-620P MB Studio MAT PILATES Agnes LES MILLS BODYBALANCE 630-720P MB Studio Sharaze 630-720P Studio AB DANCE FUSION Dima	530-630A Cycle Studio DRIVEN (Cycle) Michele LES MILLS GRIT 530-6A Studio AB Virtual 830-915A Cycle Studio HIIT CYCLE Michele 830-920A MB Studio MAT PILATES Karen LES MILLS BODYCOMBAT 830-920A Studio AB Natasha LES MILLS BODYPUMP 930-1020A Studio AB Tara  1030-1120A Studio AB CIRCUIT Nancy 1030-1120A Indoor Pool DEEP H2O Amanda LES MILLS BODYBALANCE 1030-1125A MB Studio Carrie 1130-1220P Studio AB DANCE FUSION Amanda 1230 - 120P Studio AB GENTLE YOGA Wendy 530-620P Studio AB TOTAL BODY SCULPT Dima 530-620P MB Studio VINYASA YOGA Wendy 530-620P Cycle Studio BEAT (CYCLE) Kelvin 630-720P Studio AB DANCE FUSION Monica CORE 730-8P Studio AB Virtual	530-620A Studio AB CST Monica Stepter CORE 745-815A Studio AB Virtual Sprint 840A - 910A Cycle Studio Tara  830-920A MB Studio CLASSIC Barbara 830-920A Studio AB CST Brigid LES MILLS BODYCOMBAT 915-1010A INDOOR Pool SHALLOW H2O Christina LES MILLS BODYCOMBAT 930-1020A Studio AB Tara 920-1020A Cycle Studio DRIVEN (Cycle) Amanda 930-1020A MB Studio CLASSIC Barbara  1030-1120P MB Studio VINYASA Amy 1030-1120A Studio AB TOTAL BODY SCULPT Amanda 1130-1220P Studio AB CARDIO FIT Amanda 1210-1P Cycle Studio BEAT (Cycle) AD 1230-120P Studio AB Answorth LES MILLS BODYCOMBAT 530-620P Studio AB Natalie S. 530-620P MB Studio GENTLE YOGA Wendy 530-630P Cycle Studio DRIVEN (CYCLE) Michele LES MILLS BODYPUMP 630-725P Studio AB Stephanie	530-630A Cycle Studio DRIVEN (Cycle) Michele LES MILLS BODYATTACK 530-620A Studio AB Erin 830-915A Cycle Studio HIIT CYCLE Jill E. 930-1020A MB Studio MAT PILATES Nancy 830-915A Studio AB HIIT/CORE Michele 830-920A INDOOR Pool Donna LES MILLS BODYPUMP 930-1020A Studio AB Tara  1030-1120A Studio AB CIRCUIT Karen 1030-1120A Indoor Pool DEEP H2O Amanda 1030-1130A MB Studio ASHTANGA YOGA Tracie 1130-1220P Studio AB DANCE FUSION Amanda 1230 - 120P MB Studio GENTLE YOGA Agnes 5-550P MB Studio MAT PILATES Dan 530-620P Studio AB DANCE FUSION Issrah Sprint 530-605P Cycle Studio Ginger 600P - 700P MB Studio ASHTANGA YOGA Amy M. LES MILLS BODYPUMP 630-725P Studio AB Sharaze	LES MILLS BODYBALANCE 530-620A MB Studio Erin 8-845A Cycle Studio CYCLE Virtual  830-920A Studio AB Answorth  830-920A MB Studio CLASSIC Barbara 930A -1020A Indoor Pool SHALLOW H2O Katie LES MILLS BODYCOMBAT 930-1020A Studio AB Tara 920-1020A Cycle Studio DRIVEN (CYCLE) Amanda  930-1020A MB Studio CLASSIC Nancy LES MILLS BODYBALANCE 1030-1120A MB Studio Tara 1030-1120A Studio AB TOTAL BODY SCULPT Brigid 1030-1120A Indoor Pool DEEP H2O Amanda 1130-1220P Studio AB BELLY DANCE Israah 1210-1P Cycle Studio BEAT (Cycle) AD 1230 - 120P Studio AB GENTLE YOGA Deb 530-6P Studio AB Virtual CORE 6-630P Studio AB Virtual LES MILLS BODYATTACK 6-630P Studio AB Virtual	715-81 5A Cycle Studio DRIVEN (Cycle) Michele LES MILLS BODYPUMP 830-920A Studio AB Erin 830-920A MB Studio MAT PILATES Allyn 930-101 5A Cycle Studio HIIT CYCLE Tara 930-1020A Studio AB DANCE FUSION Monica Stepter 930-1020A MB Studio Vinyasa YOGA Wendy 1030-1120A Studio AB TOTAL BODY SCULPT Monica	1010-1040A Cycle Studio Virtual Sprint 1010-1040P Studio AB Virtual LES MILLS BODYATTACK 1050-1120P Studio AB Virtual CORE 130-220P Studio AB DANCE FUSION Issrah 230-330P Cycle Studio DRIVEN (Cycle) Michele 230-330P Studio AB TBS Dima 330-430P Studio AB GENTLE YOGA Amy M.

 Log into WWW.GACFITNESS.ORG/MY-ACCOUNT to book a virtual class or call us at (901) 757-7370.

Ashtanga Yoga is a set sequence of postures designed to bring strength, flexibility and endurance to the body and a sense of stillness to the mind. The postures are done in the same order each time.

BEAT (Cycle) participants experience fun and energy in this high calorie burning, cycle class, featuring new and powerful music! Ride to the rhythm and feel the beat while working through hills and drills.

Belly Dance helps the participant develop balance and grace while toning the entire body. It also improves low back and hip flexibility.

BODYATTACK™ is a high-energy fitness class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYCOMBAT™ participants can burn up to 740 calories in this high-energy martial arts-inspired workout that is totally non-contact. Punch, kick and release stress while having a blast and feeling like a champ.

BODYBALANCE™ (previously BODYFLOW) is a series of yoga moves that embraces elements of Tai Chi and Pilates. This class will strengthen your body and leave you feeling calm and centered. Bring a yoga mat and any needed props.

BODYPUMP™ is a strength class that challenges all your major muscle groups. Burn up to 540 calories using light to moderate weight with lots of repetitions.

CardioFit is a low impact cardio and total body conditioning workout increases muscular and cardio endurance. It provides a safe and effective workout for beginners, pre- and post-natal mothers, as well as older active adults.

CST (Cardio Strength Training) is an athletic based cardio and strength training class for both men and women. Challenge yourself with non-stop speed, total body compound power movements and plyometric and agility drills.

CORE™ Virtual (previously CXWORX) is a 30 minute workout where participants will perform bodyweight exercises and work with resistance bands and weighted plates to strengthen the core, butt, hips and low back.

Dance Fusion is an easy-to-follow, aerobic, dance based fitness class. The dance routines combine hip-hop, belly dancing and Latin moves set to the latest music.

Deep H2O improves mobility while utilizing buoyancy belts, aquatic barbells and noodles.

DRIVEN (Cycle) is a results-driven, high calorie burn studio cycling class. Ride to your limits with fast paced sprints, powerful hills, and intense drills. This class incorporates bike metrics (Watts, Rpm's, & Speed) as a tool for measuring and improving strength, speed, focus, and power!

Gentle Yoga targets those new to yoga and those recovering from injury. Blocks and straps may be used if needed, along with a wide variety of alternative poses. Poses are held longer and final relaxation is extended. Bring a yoga mat and any needed props.

GRIT™ Virtual is a 30-minute high-intensity interval training (HIIT) workout including a cardio, athletic, and strength format.

HIIT Cycle is a workout that alternates between intense bursts of exercise and periods of rest or low-intensity activity. High Intensity Interval Training on the bike is a great option for anyone looking to reap the rewards of a HIIT workout while minimizing the risk of injury by keeping it low impact. Each class is uniquely designed by the instructor to challenge riders through motivating and powerful music.

Mat Pilates focuses on basic Pilates principles: core strength, flexibility, proper breathing, and alignment. Modifications are given to accommodate all fitness levels.

RPM™ Virtual is a fun, low impact cycling workout where the participant controls the intensity. Burn up to 500 calories while taking on hill climbs, sprints, and intervals.

Shallow H2O is a low impact class utilizing foam barbells, noodles and kickboards for a challenging resistance workout in the water.

Silver Sneakers Classic® is designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. (Silver Sneaker Intensity Level 1 of 5)

Silver Sneakers Circuit® offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. Silver Sneaker Intensity Level 3 of 5.

SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout on the bike that combines bursts of intensity and periods of rest.

TBS (Total Body Sculpt) utilizes exercises designed to tighten and tone your body from head to toe while using a combination of hand weights, stability balls and resistance bands.

Vinyasa Yoga A dynamic, flowing practice that links breath and movement through a series of postures. Some knowledge of basic yoga poses is helpful, but not necessary. Bring a yoga mat and any needed props.

Zumba Gold® is for the beginner and older active adult and is an aerobic/fitness interval dance workout with a combination of fast and slow rhythms that tone and sculpt the body.