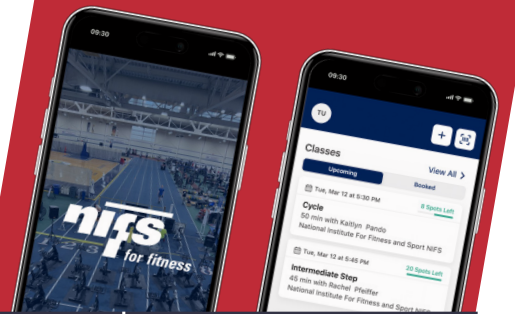


GROUP FITNESS SCHEDULE

AUGUST

Download
NIFS App Today!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	6-7a STRENGTH LAB with Brandon Auxiliary Court	6-7a STRENGTH LAB with Brandon Auxiliary Court	6-7a STRENGTH LAB with Brandon Auxiliary Court	6-7a STRENGTH LAB with Brandon Auxiliary Court		
	7-8a MAT PILATES with Rachael G. Group Fitness Studio	6-6:45a BOXING with Jeni Weight Room	10-11a AGING ATHLETE with Rick Group Fitness Studio			9-9:30a CARDIO 30 with Rachel P. Auxiliary Court
	10-11a AGING ATHLETE with Rick Group Fitness Studio	10-11 BOLD MOVES with Alex Group Fitness Studio		10-11 BOLD MOVES with Alex Group Fitness Studio	10-11a AGING ATHLETE with Rick Group Fitness Studio	9:30-10:15a EXTREME CORE with Rachel P. Auxiliary Court
	12-1p KETTLEBELL FUND. with Rick Track Desk	11-11:45a BOXING with Jeni Weight Room	12-1p KETTLEBELL FUND. with Rick Track Desk	11-11:45a BOXING with Jeni Weight Room	12-1p BARRE FUSION with Rachel P. NIFS Back Patio	10-11a CYCLING with Steven Cycle Area
AFTERNOON	12-1p TOTAL BODY STRENGTH with Jill Auxiliary Court	12-12:30p HIIT AND BURN with Jeni White River State Park	12-1p TOTAL BODY STRENGTH with Jill Auxiliary Court	12-12:30p HIIT AND BURN with Rachel P. White River State Park		
	12-1p VINYASA YOGA with Grace Group Fitness Studio	12:30-12:45p CORE AND MORE with Jeni White River State Park	12-1p YOGA STRN/RESTR with Grace Group Fitness Studio	12:30-12:45p CORE AND MORE with Rachel P. White River State Park	1:15-1:45p EXPRESS YOGA with Grace Group Fitness Studio	
	4:30-5:30p POWER FLOW YOGA with Steph W. White River State Park			1-1:30p FUND. STRETCHING with Shelby Group Fitness Studio		
	5:45-6:30p FUNCTIONAL FITNESS with Brad TRX Area	4:30-5:30p MAT PILATES with Rachael G. Group Fitness Studio	5:45-6:45p PILATES FUSION with Rachel P. NIFS Back Patio		4-5p TOTAL BODY STRENGTH with Jill Auxiliary Court	
EVENING	6-7p BOOT CAMP with Steven NIFS Back Patio	5:30-6:30p CYCLING with Steven Cycle Area	6-7p BOOT CAMP with Steven NIFS Back Patio	5:45-6:45p FUNCTIONAL FITNESS with Colleen Weight Room		
	6-7p RESTORATIVE YOGA with Grace Group Fitness Studio	5:45-6:30p STEP (Intermed.) with Rachel P. Auxiliary Court	6-7p VINYASA YOGA with Grace Group Fitness Studio	6-7p VINYASA FLOW with Steph W. White River State Park		
	6-7p STRENGTH LAB with Isaac Auxiliary Court	6-7p SURGE with Isaac Sprint Lanes	6-7p STRENGTH LAB with Isaac Auxiliary Court	6-7p SURGE with Isaac Sprint Lanes		

Attention Members:
Book your group fitness
classes using the NIFS App
to guarantee your spot,
otherwise you
may be turned away.

GROUP FITNESS KEY



Cardio



Core



Strength



Mind/Body



Cycle



Parkinson's
Program



Class is
outside
(weather permitting)

nifs
for fitness

National Institute
for Fitness and Sport

CLASS DESCRIPTIONS

Aging Athlete (60 min.)

This class is geared for ages 40+. You will work to improve joint mobility and range of motion as well as overall strength and conditioning which are key to performing normal daily activities.

Barre Fusion (60 min.)

Barre workouts are a fusion of yoga, Pilates, strength training, and core. Barre classes incorporate movement patterns to the beat of the music that target all muscle groups. Barre is a fun way to help improve strength, balance, flexibility and posture.

Boot Camp (60 min.)

A boot camp style workout with medium intensity using dumbbells, kettle bells and other bodyweight exercises to get your heart rate up and muscles pumping.

Boxing (45 min.)

Want to learn the fundamentals of boxing or just get some great fitness in? Jeni is a level 2 BNBA certified Boxing Coach and will help take your fitness to the next level. Boxing is a great cardio workout and helps to decrease stress. All levels welcome.

Cardio 30 (30 min.)

We all need cardio, and who says it can't be fun?!? Join us for some fun in the Saturday morning sun with a quick 30 minute interval class of cardio and muscle endurance drills and skills! You won't want to miss it!

Circuit Training (30 min.)

Circuit training is an efficient, well-rounded workout for the time-crunched athlete. You'll have a calorie-burning workout with stations training cardio, strength, and power.

Core and More (15 min.)

A quick and effective 15-minute workout designed to build core strength, balance, and improve posture by focusing on building strong abdominal & back muscles.

Cycling (60 min.)

This high-energy cardiovascular workout uses various performance levels and speeds to get you cycle fit.

Extreme Core (30 min.)

Take your core strength to the extreme using Body Bars and other weighted equipment.

Functional Fitness (45 min.)

A revolutionary total-body fitness program that uses gravity against your own body weight to simultaneously develop strength, balance, flexibility, and core stability.

Fundamental Stretching (30 min.)

Fundamental stretching focused on body awareness and understanding proper positioning and different muscle groups. This class is designed to help improve flexibility, reduce muscle tension, and promote overall wellbeing.

Girls Just Wanna Have Fun (60 min.)

Putting the FUN in Functional: A female-focused functional fitness class designed to introduce weightlifting, improve form, teach proper body mechanics and build strength. Whether you are new to weightlifting or getting back to it, join us in an INVITING environment to have some FUN!

HIIT and Burn (30 min.)

A fast-paced, high-energy 30-minute workout that combines HIIT and strength training to maximize calorie burn and build full-body strength. Expect explosive movements, short recovery periods, and a mix of bodyweight and resistance exercises to boost endurance and lean muscle. Perfect for all fitness levels. Modifications provided!

Kettlebell Fundamentals (60 min.)

Learn the fundamental movements for full-body strength and mobility from a Certified Master KB Trainer – from one arm swings to the goblet squat, it's a challenging and fun workout! All fitness and experience levels welcome!

Mat Pilates (60 min.) A high-intensity, low-impact workout that combines Pilates principles with interval training, often incorporating weights and resistance bands. The class focuses on core strength, muscle toning, balance, and flexibility, providing a challenging full-body workout suitable for all fitness levels.

Pilates Fusion (60 min.)

Pilates Fusion with Rachel P Improve your posture, balance, core strength and flexibility with this cardio style workout that adds length to your muscles and fine-tunes your strength. You will get stronger from the inside out!

Power Flow (60 min.)

Utilizing breath and movement to build heat and strength in the body, the flow will create a fluid sequence of poses to challenge and increase your stamina while deepening the asanas practiced.

Restorative Yoga (60 min.)

Relax, unwind, and restore your mind and body at Restorative Yoga. Namaste.

Step - Intermediate (45 min.)

Keep your heart pumping with this cardio workout using the step. Intermediate choreography provides serious leg training and fun!

Strength Lab (60 min.)

Target major muscle groups through structured sets, circuits, and progressive overload with form-focused training, and a motivating group atmosphere. Whether you're new to strength training or ready to level up, Strength Lab is your testing ground for transformation.

Surge (60 min.)

60% Cardio, 40% Strength, 100% Worth it! Surge is a circuit-style HIIT class, perfect for all fitness levels. Combining high-intensity cardio burst with weights to burn calories while building lean muscle. Each session is structured to maximize results by blending intense efforts with short recovery breaks.

Total Body Strength (60 min.)

Strength training that is focused on endurance by lifting light to moderate weight for higher reps. Challenge every major muscle group in this low impact strength class for beginners to advanced participants.

Vinyasa Yoga (60 min.)

Join us for this 60 minute class of moving, breathing and practicing in the present moment. With a different theme each week, each class incorporates traditional standing, balancing and seated yoga postures in a fun, flowing, and creative way. Modifications are offered as this is an all-levels-welcome environment. You will leave this class feeling a little lighter than when you came in. All you need is a mat and your positive attitude. Touching your toes is not a requirement.

Vinyasa Flow (60 min.)

This class is designed for beginners through intermediate students. In this Yoga Flow class you will synchronize breath with movement. You'll be guided through postures in a Yoga Flow style, beginning with the basic poses, but allowing for more challenging poses based on your practice. In a Yoga Flow class, students awaken their strength, energy, and flexibility in a fun atmosphere.

Yoga Strength and Restore (60 min.)

Welcome to your workout... and "work in"!! This 60 minute class combines 30 min full body strength using weights, resistance bands and body weight to tone and sculpt, followed by 30 min of traditional yoga poses to refresh, recharge and restore — your perfect balance of mind and body in a welcoming environment.

Yoga Express (30 min.)

Pause and reset your day with this time efficient 30 min class!! With the support of bolsters and yoga blocks, we allow space to find stress reduction and relaxation by settling in a little deeper and longer in yoga poses. Make this time for you.