

# GROUP FITNESS SCHEDULE

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NIFS App Today!



# DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	<b>6a</b> <b>BOOT CAMP</b> Sprint Lanes	<b>6a</b> <b>SURGE</b> Sprint Lanes	<b>6a</b> <b>BOOT CAMP</b> Sprint Lanes	<b>6a</b> <b>SURGE</b> Sprint Lanes	<b>6a</b> <b>BOOT CAMP</b> Sprint Lanes	<b>9a</b> <b>BOOT CAMP</b> Sprint Lanes
	<b>9:30a</b> <b>AGING ATHLETE</b> Group Fitness 2		<b>9:30a</b> <b>AGING ATHLETE</b> Group Fitness 2		<b>9:30a</b> <b>AGING ATHLETE</b> Group Fitness 2	<b>10a</b> <b>CYCLE</b> Cycle Area
	<b>10a</b> <b>HIIT AND BURN</b> Auxiliary Court	<b>10a</b> <b>BOLD MOVES</b> Group Fitness 2	<b>10a</b> <b>HIIT AND BURN</b> Auxiliary Court	<b>10a</b> <b>BOLD MOVES</b> Group Fitness 2	<b>10a</b> <b>HIIT AND BURN</b> Auxiliary Court	
AFTERNOON		<b>11a</b> <b>BOXING</b> Weight Room	<b>12p</b> <b>TOTAL BODY STRENGTH</b> Auxiliary Court	<b>11a</b> <b>BOXING</b> Weight Room		
	<b>12p</b> <b>TOTAL BODY STRENGTH</b> Auxiliary Court	<b>12p</b> <b>HIIT AND BURN</b> Auxiliary Court	<b>12p</b> <b>YOGA LEVEL 1</b> Group Fitness 2	<b>12p</b> <b>HIIT AND BURN</b> Auxiliary Court	<b>12p</b> <b>BARRE FUSION</b> Auxiliary Court	
	<b>12p</b> <b>YOGA LEVEL 1</b> Group Fitness 2	<b>1p</b> <b>STRETCH</b> Group Fitness 2	<b>1:30p</b> <b>KETTLEBELL FUND.</b> Fitness Center Desk	<b>1p</b> <b>STRETCH</b> Group Fitness 2	<b>1p</b> <b>YOGA LEVEL 1</b> Group Fitness 2	
	<b>1:30p</b> <b>KETTLEBELL FUND.</b> Fitness Center Desk	<b>4p</b> <b>ZUMBA</b> Group Fitness 2	<b>4p</b> <b>ZUMBA</b> Group Fitness 2		<b>1:30p</b> <b>KETTLEBELL FUND.</b> Fitness Center Desk	
		<b>5:30p</b> <b>CYCLING</b> Cycle Area	<b>6p</b> <b>PILATES FUSION</b> Auxiliary Court	<b>5:30p</b> <b>SURGE</b> Sprint Lanes	<b>4:30p</b> <b>TOTAL BODY STRENGTH</b> Auxiliary Court	
	<b>6p</b> <b>FUNCTIONAL FITNESS</b> Sprint Lanes	<b>6p</b> <b>STEP (Intermed.)</b> Auxiliary Court	<b>6p</b> <b>FUNCTIONAL FITNESS</b> Sprint Lanes	<b>6p</b> <b>HIIT AND BURN</b> Auxiliary Court	<b>6p</b> <b>FUNCTIONAL FITNESS</b> Sprint Lanes	
	<b>6p</b> <b>BOOT CAMP</b> Sprint Lanes		<b>6p</b> <b>BOOT CAMP</b> Sprint Lanes	<b>6p</b> <b>YOGA LEVEL 2</b> Group Fitness 2	<b>6p</b> <b>BOOT CAMP</b> Sprint Lanes	
EVENING	<b>6p</b> <b>YOGA LEVEL 1</b> Group Fitness 2		<b>6p</b> <b>YOGA LEVEL 1</b> Group Fitness 2	<b>7p</b> <b>MAT PILATES</b> Group Fitness 2	<b>6p</b> <b>STRETCH</b> Group Fitness 2	
	<b>7p</b> <b>SURGE</b> Sprint Lanes	<b>7p</b> <b>BOOT CAMP</b> Sprint Lanes	<b>7p</b> <b>SURGE</b> Sprint Lanes	<b>7p</b> <b>BOOT CAMP</b> Sprint Lanes	<b>7p</b> <b>SURGE</b> Sprint Lanes	



**December 15  
through  
January 5**

NIFS Weight Room  
will be going through  
renovations.  
As a result, these  
classes are affected.

**Boxing 11a T/TH**  
Canceled after Dec. 11  
Returning after Jan. 5

**Cycle**  
Canceled after Dec. 16  
Returning after Jan. 5

**Dec. 17 and 18  
NIFS will be  
CLOSED.**

Check the  
NIFS App for more  
information.

## GROUP FITNESS KEY



Cardio



Strength



Mind/Body



**BOLD MOVES**  
Parkinson's Program

Check the NIFS App for class instructor and duration.

**nifs**  
for fitness

National Institute  
for Fitness and Sport

# CLASS DESCRIPTIONS

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## **Aging Athlete**

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**

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**

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**

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.

## **Cycling**

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

## **Functional Fitness**

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

## **HIIT and Burn**

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**

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**

Restore healthy body function and follow the **six fundamental principles** of Pilates — concentration, control, centering, flow, precision, and breathing.

## **Pilates Fusion**

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!

## **Step - Intermediate**

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

## **Stretch**

Increase flexibility, ease tension, and improve joint health with certified CIRCL Mobility™ instructor or our trainer with 600+ hours of assisted stretching experience. Each session combines proven mobility techniques and guided stretches to help you move and feel better.

## **Surge**

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**

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.

## **Yoga Level 1**

A beginner-friendly class focused on foundational yoga poses, breathing techniques, and proper alignment. Perfect for those new to yoga or looking to refresh their basics in a supportive, slower-paced environment.

## **Yoga Level 2**

An intermediate class that builds on foundational skills with more challenging poses, deeper stretches, and flowing sequences. Designed for students comfortable with basic yoga and seeking to expand strength, flexibility, and mindfulness.

## **Zumba®**

Join our high-energy Zumba class for a fun, full-body workout! Dance to upbeat Latin-inspired music, burn calories, and boost your mood in a supportive environment. No experience needed — just bring your energy and let's groove!