GROUP FITNESS SCHEDULE

Download NIFS App Today!



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6a BOOT CAMPSprint Lanes

6a SURGE Sprint Lanes 6a BOOT CAMP Sprint Lanes **6a SURGE** Sprint Lanes 6a BOOT CAMP Sprint Lanes **9a BOOT CAMP**Sprint Lanes

9:30a AGING ATHLETE Group Fitness 2

MORNING

AFTERNOON

5

EVENI

9:30a AGING ATHLETE Group Fitness 2

10a

9:30a AGING ATHLETEGroup Fitness 2

10a CYCLE Cycle Area

10a HIIT AND BURN Auxiliary Court **10a BOLD MOVES**Group Fitness 2

10a HIIT AND BURN Auxiliary Court **10a BOLD MOVES**Group Fitness 2

10a HIIT AND BURN Auxiliary Court

11a BOXINGWeight Room

12p TOTAL BODY STRENGTH Auxiliary Court **11a BOXING**Weight Room

12p TOTAL BODY STRENGTH Auxiliary Court

12p HIIT AND BURN Auxiliary Court **12p YOGA LEVEL 1**Group Fitness 2

12p HIIT AND BURN Auxiliary Court **12p BARRE FUSION**Auxiliary Court

12p **YOGA LEVEL 1** Group Fitness 2

STRETCHGroup Fitness 2

1:30p *KETTLEBELL FUND.*Fitness Center Desk

STRETCHGroup Fitness 2

1p YOGA LEVEL 1Group Fitness 2

1:30p KETTLEBELL FUND.Fitness Center Desk

4p ZUMBAGroup Fitness 2

4p ZUMBAGroup Fitness 2

1:30p KETTLEBELL FUND. Fitness Center Desk

5:30p CYCLING Cycle Area

6p *PILATES FUSION* Auxiliary Court **5:30p SURGE**Sprint Lanes

4:30p TOTAL BODY STRENGTH Auxiliary Court

6p FUNCTIONAL FITNESSSprint Lanes

6p STEP (Intermed.)
Auxiliary Court

6p FUNCTIONAL FITNESSSprint Lanes

6p

6p HIIT AND BURN Auxiliary Court **6p FUNCTIONAL FITNESS**Sprint Lanes

6p BOOT CAMPSprint Lanes

BOOT CAMP Sprint Lanes **6p YOGA LEVEL 2** Group Fitness 2 **6p BOOT CAMP** Sprint Lanes

6p YOGA LEVEL 1 Group Fitness 2

6p YOGA LEVEL 1 Group Fitness 2 **7p MAT PILATES**Group Fitness 2

STRETCHGroup Fitness 2

6p

7p SURGESprint Lanes

7p BOOT CAMPSprint Lanes

7p SURGE Sprint Lanes

7p BOOT CAMP Sprint Lanes

7p SURGE 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/THCanceled after Dec. 11
Returning after Jan. 5

CycleCanceled after Dec. 16
Returning after Jan. 5

Dec. 17 and 18 NIFS will be CLOSED.

Check the NIFS App for more information.

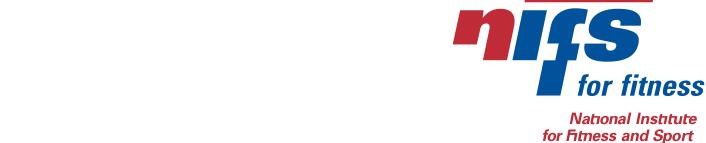
GROUP FITNESS KEY











CLASS DESCRIPTIONS

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 principle**s 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!