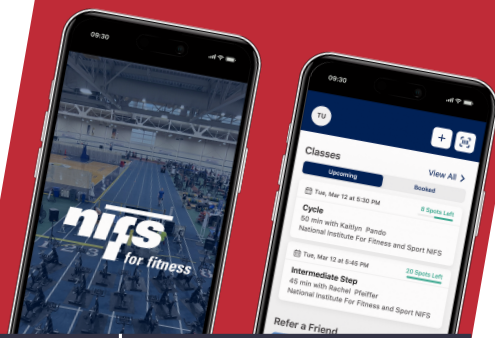


GROUP FITNESS SCHEDULE

MARCH

Download
NIFS App Today!



MORNING

AFTERNOON

EVENING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6a STRENGTH LAB Auxiliary Fitness		6a STRENGTH LAB Auxiliary Fitness		9a CARDIO 30 Group Fitness 1
9:30a AGING ATHLETE Group Fitness 2	10a BOLD MOVES Group Fitness 2	9:30a AGING ATHLETE Group Fitness 2	10a BOLD MOVES Group Fitness 2	9:30a AGING ATHLETE Group Fitness 2	9:30a CORE Group Fitness 1
10:45a MOBILITY FLOW Group Fitness 2	11a BOXING Group Fitness 1	10:45a MOBILITY FLOW Group Fitness 2	11a BOXING Group Fitness 1	10:45a MOBILITY FLOW Group Fitness 2	10a CYCLE Group Fitness 1
12p TOTAL BODY STRENGTH Group Fitness 1	12p HIIT AND BURN Group Fitness 1	12p TOTAL BODY STRENGTH Group Fitness 1	12p HIIT AND BURN Group Fitness 1	12p BARRE FUSION Group Fitness 1	1p OLYMPIC LIFTING Power Zone
12p YOGA LEVEL 1 Group Fitness 2		12p YOGA LEVEL 1 Group Fitness 2		1:15p YOGA LEVEL 1 Group Fitness 2	
1:30p KETTLEBELL FUND. Auxiliary Fitness	1p STRETCH Group Fitness 2	1:30p KETTLEBELL FUND. Auxiliary Fitness	1p STRETCH Group Fitness 2	1:30p KETTLEBELL FUND. Auxiliary Fitness	
	5p ZUMBA Group Fitness 2		5p ZUMBA Group Fitness 2	4p TOTAL BODY STRENGTH Group Fitness 1	
	6p STEP (Intermed.) Group Fitness 1	6p PILATES FUSION Group Fitness 1	5:30p CYCLE Group Fitness 1		
6p BOOT CAMP Sprint Lanes - South	6p MAT PILATES Group Fitness 2	6p BOOT CAMP Sprint Lanes - South	6p MAT PILATES Group Fitness 2		
6p YOGA LEVEL 1 Group Fitness 2		6p YOGA LEVEL 1 Group Fitness 2		6p CIRCL MOBILITY Group Fitness 2	

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

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.

Cardio 30

A fast-paced, 30-minute cardio workout designed to elevate your heart rate, burn calories, and boost cardiovascular endurance in a time-efficient format.

CIRCL Mobility

A guided mobility class focusing on flexibility, joint health, and breathwork to help improve movement quality, reduce stiffness, and enhance recovery.

Core

A focused class targeting the muscles of the core to improve strength, stability, posture, and overall movement efficiency.

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.

Mobility Flow

A continuous, flowing class that blends stretching and controlled movement to improve mobility, balance, and body awareness.

Olympic Lifting

A technique-driven class focused on the Olympic lifts (snatch and clean & jerk), emphasizing proper form, strength development, and safe progression for all experience levels.

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.

Strength Lab

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

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!