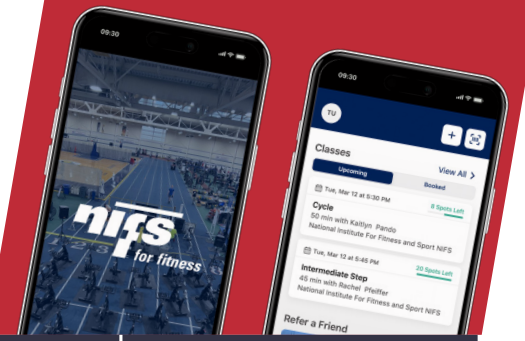


GROUP FITNESS SCHEDULE

Download
NIFS App Today!



NOVEMBER

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



Breathe in
calm.

Exhale the
chaos.

Join us for a month of
restorative movement
and reflection.

Grab a punch card
and for every 4 Yoga
or Stretch classes
you attend you'll be
entered into a drawing
for a free personal
stretch session.

GROUP FITNESS KEY



Cardio



Strength



Mind/Body



BOLD MOVES
Parkinson's Program



Mindful November
related classes

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.

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

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

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!