NOVEMBER

nifs for fitness

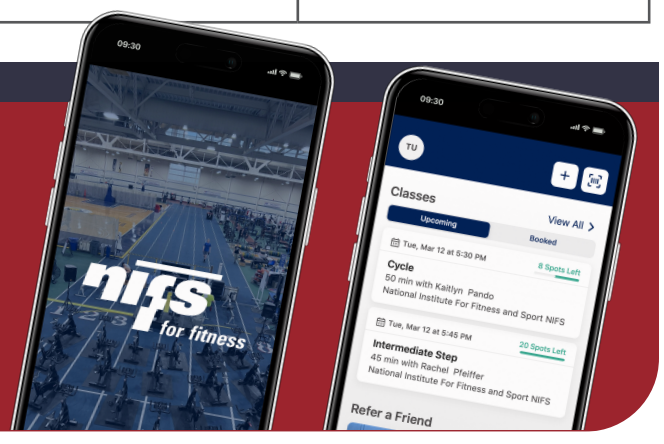
GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES					
6a FUNCTIONAL FITNESS Auxiliary Fitness	6a STRENGTH CIRCUIT Auxiliary Fitness	6a FUNCTIONAL FITNESS Auxiliary Fitness	6a STRENGTH CIRCUIT Auxiliary Fitness	6a FUNCTIONAL FITNESS Auxiliary Fitness	9a FUNCTIONAL FITNESS Sprint Lanes South
10a AGING ATHLETE Group Fitness 2	10a BOLD MOVES Group Fitness 2	10a AGING ATHLETE Group Fitness 2	10a BOLD MOVES Group Fitness 2	10a AGING ATHLETE Group Fitness 2	9a CARDIO 30 Group Fitness 1
11a BOXING Group Fitness 1	11a SENIOR FIT Group Fitness 2	11a BOXING Group Fitness 1	11a MOBILITY FLOW Group Fitness 2		9:30a CORE Group Fitness 1
AFTERNOON CLASSES					
12p TOTAL BODY STRENGTH Group Fitness 1	12p CIRCUIT TRAINING Group Fitness 1	12p TOTAL BODY STRENGTH Group Fitness 1	12p TOTAL BODY INTERVALS Group Fitness 1	12p BARRE FUSION Group Fitness 1	10a CYCLE Group Fitness 1
12p VINYASA YOGA Group Fitness 2		12p YOGA STRENGTH & RESTORE Group Fitness 2		1:15p RESTORATIVE YOGA EXPRESS Group Fitness 2	
1:30p KETTLEBELL FUND. Auxiliary Fitness		1:30p KETTLEBELL FUND. Auxiliary Fitness		1:30p KETTLEBELL FUND. Auxiliary Fitness	
EVENING CLASSES					
4p CIRCUIT TRAINING Group Fitness 1				4p TOTAL BODY STRENGTH Group Fitness 1	
5p TOTAL BODY STRENGTH Group Fitness 1	5p ZUMBA Group Fitness 1	6p PILATES FUSION Group Fitness 1			
6p BOOT CAMP Sprint Lanes - South	6p STEP Group Fitness 1	6p BOOT CAMP Sprint Lanes - South	5:30p CYCLE Group Fitness 1		
6p RESTORATIVE YOGA Group Fitness 2	6p MAT PILATES Group Fitness 2	6p VINYASA YOGA Group Fitness 2	6p MAT PILATES Group Fitness 2	6p CIRCL MOBILITY Group Fitness 1	
6p CYCLE Group Fitness 1	7p CORE Group Fitness 1		7p ZUMBA Group Fitness 1		

GROUP FITNESS KEY

Cardio · Strength · Mind/Body · BOLD MOVES Parkinson's Program

Download NIFS App Today!



CLASS DESCRIPTIONS

Aging Athlete
Designed for active adults, this class combines mobility, flexibility, balance, body awareness, and functional strength training to support lifelong movement. Using TRX, free weights, and functional exercises, you'll improve strength, stability, coordination, and confidence for everyday activities and recreational pursuits.

Barre Fusion
Strengthen and tone your entire body through this barre-inspired workout that combines elements of yoga, Pilates, strength training, and core exercises. Using a weighted barre and movement set to music, you'll improve strength, balance, flexibility, and posture.

Bold Moves
Looking for a Parkinson-friendly fitness class that's as fun as it is functional? Bold Moves is a supportive, inclusive group fitness class designed specifically for individuals living with Parkinson's disease. Build strength, endurance, flexibility, balance, and coordination while staying active, trying new activities, and connecting with others in the Parkinson's community.

Boot Camp
Challenge yourself with this high-energy bootcamp workout featuring a different full-body workout every class. Using bodyweight, dumbbells, kettlebells, and the outdoor environment—including hills, stairs, and the riverfront when weather permits—you'll build strength, endurance, agility, and overall conditioning.

Boxing
Combine non-contact heavy bag boxing with cardio intervals in this high-energy workout. Improve cardiovascular endurance, coordination, agility, and overall conditioning while building power, stamina, and boxing technique. All fitness 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
Restore. Release. Renew. CIRCL Mobility™ by Zumba® blends mobility, flexibility, and breathwork to help improve joint health, increase range of motion, reduce stress, and leave you feeling refreshed. Perfect for all fitness levels and an excellent complement to any workout routine.

Core
Strengthen the muscles of your core in this focused 30-minute class designed to improve stability, posture, balance, and overall movement efficiency.

Circuit Training
Move through a series of timed stations that combine strength, cardio, and functional exercises in this full-body workout. This station-based class improves strength, cardiovascular endurance, and overall conditioning through a variety of exercises and equipment.

Cycle
Challenge yourself with this high-energy indoor cycling workout featuring climbs, sprints, intervals, and endurance rides. Increase cardiovascular fitness, lower-body strength, and overall endurance while riding to motivating music.

Functional Fitness
Enhance everyday movement through functional strength training, cardio, and multidirectional exercises. Using dumbbells, kettlebells, resistance equipment, and bodyweight movements, you'll improve strength, cardiovascular endurance, balance, coordination, and overall functional fitness. All fitness levels welcome.

Strength Circuit
Build total-body strength through purposeful resistance training using proper form, progressive overload, and timed strength intervals. Using a variety of resistance equipment, you'll increase muscular strength, improve lifting technique, and gain confidence in a supportive group environment. All fitness levels welcome.

Kettlebell Fundamentals
Learn the fundamental kettlebell movements that build strength, power, mobility, and coordination. This technique-focused class develops proper form while helping you build confidence and efficiency with kettlebell training.

Mat Pilates
Improve core strength, posture, flexibility, and balance in this gentle, low-impact mat Pilates class. Using controlled movements and focused breathing, you'll build stability, increase body control, and move with greater ease.

Mobility Flow
Improve mobility and balance through continuous, flowing movement that blends stretching with controlled exercises. This class helps improve range of motion, body awareness, and overall movement quality.

Pilates Fusion
Improve posture, balance, core strength, and flexibility in this Pilates-inspired fusion workout. Using controlled movements, light dumbbells, and functional exercises, you'll build core strength, enhance mobility, and improve overall body awareness while developing total-body strength.

Step
Learn fun, choreographed step combinations while moving to the music. This energetic cardio workout improves cardiovascular endurance, coordination, agility, and lower-body strength through rhythmic movement and creative choreography. All fitness levels welcome.

Strength Circuit
This circuit style format targets major muscle groups with form-focus training, structured sets, progressive overload, and a motivating group atmosphere. Whether you are new to strength training or ready to level up, Strength Circuit is your testing ground for transformation.

Senior Fit
Improve strength, balance, flexibility, and mobility in a supportive, low-impact class designed to enhance everyday function and independence. Using a variety of exercises and equipment, you'll build confidence and support an active, independent lifestyle. All fitness levels welcome.

Total Body Strength
Strength training focused on muscular endurance using light to moderate weights and higher repetitions. Challenge every major muscle group in this low-impact class while improving strength, endurance, and overall fitness.

Total Body Intervals
Challenge your entire body through timed work and recovery intervals that combine strength and cardio. This interval-based workout uses bodyweight and/or a variety of equipment to improve cardiovascular endurance, muscular endurance, and overall conditioning.

Vinyasa Yoga
Flow through a dynamic sequence of standing, balancing, and seated yoga postures while connecting movement with breath. This Vinyasa Yoga class improves strength, flexibility, balance, and mindfulness, with modifications available for all experience levels.

Yoga Strength and Restore
Combine full-body strength training with the restorative benefits of yoga in this balanced workout. The first half of class uses weights, resistance bands, and bodyweight exercises to build strength, while the second half focuses on traditional yoga postures to improve flexibility, mobility, balance, and relaxation.

Restorative Yoga
Relax, restore, and reconnect in this gentle Restorative Yoga class. Using bolsters, blankets, and yoga blocks for support, you'll move through calming postures while focusing on breath to improve flexibility, reduce stress, and promote deep relaxation.

Restorative Yoga Express
Pause and reset with this 30-minute restorative yoga class. Using bolsters and yoga blocks for support, you'll settle into gentle poses to reduce stress, release tension, and promote relaxation. Perfect after a workout or whenever you need time to recharge.

Zumba©
Dance your way to better fitness in this high-energy Zumba® class featuring easy-to-follow choreography and upbeat music. Improve cardiovascular fitness, coordination, endurance, and overall conditioning in a fun, full-body workout.