

# GROUP TRAINING SCHEDULE:

# APRIL



## MONDAY

5:30-6:15a **T** **GRIT**, Amy  
 7:00-7:45a **M** **Mat & Motion**, Brooke  
 8:00-8:45a **M** **STEP**, Olivia  
 9:00-10:00a **M** **Body Shock**, Carmen  
 9:30-10:30a **PD** **AquaHIT**, Shanna  
 10:15-11:15a **M** **ZUMBA**, Jose  
 5:30-6:30p **M** **BodyPump Heavy**, Kristina  
 5:45-6:15p **S** **SPRINT**, Miwana  
 6:45-7:45p **M** **ZUMBA**, Summer

## TUESDAY

5:30-6:15a **P** **Powerlift**, Don  
 7:00-7:45a **M** **Flex & Flow**, Ana  
 8:15-9:00a **M** **Power Yoga**, Ana  
 8:30-9:15a **S** **Rhythm Ride**, Carmen  
 9:30-10:30a **M** **BodyPump**, Alyssa  
 9:30-10:30a **PD** **Aqua Fit**, Lindsey  
 5:30-6:30p **M** **H.I.R.T.**, Nelly  
 (High Intensity Resistance Training)  
 6:45-7:45p **M** **Cardio Jam**, Nelly

## WEDNESDAY

5:30-6:15a **T** **GRIT**, Amy  
 7:00-7:45a **M** **Yoga**, Gina  
 8:15-9:15a **M** **Body Shock**, Carmen  
 9:30-10:30a **PD** **HydroPower**, Patrice  
 9:30-10:20a **M** **ZUMBA**, Summer  
 10:30-11:15a **M** **BodyBalance**, DeeDee  
 5:45-6:45p **M** **BodyPump Heavy**, Shanna  
 (April 1<sup>st</sup>, April 15<sup>th</sup> and April 29<sup>th</sup>)  
 5:45-6:45p **M** **BodyPump**, Nelly  
 (April 8<sup>th</sup> and April 22<sup>nd</sup>)  
 5:45-6:30p **S** **Rhythm Ride**, Miwana

## THURSDAY

5:30-6:30a **M** **Yoga Stretch**, Kere  
 5:30-6:15a **P** **Powerlift**, Amy  
 9:30-10:30a **M** **BodyPump**, Kristina  
 9:30-10:30a **PD** **AquaFit**, Lindsey  
 11:00-12:00a **M** **Chair Lift**, Lindsey  
 5:30-6:15p **M** **Box 'n Burn**, Amy  
 5:45-6:15p **S** **SPRINT**, Kristina F.  
 6:30-7:15p **M** **STEP**, Lady

## FRIDAY

5:30-6:15a **T** **GRIT**, Don  
 7:00-7:45a **M** **Mat & Motion**, Brooke  
 8:30-9:15a **M** **STEP**, Olivia  
 8:30-9:20a **S** **Power Ride**, Carmen  
 9:30-10:30a **PD** **AquaZumba**, Edwin  
 9:30-10:30a **M** **BodyBalance**, Alyssa

## SATURDAY

7:30-8:15a **M** **Mat & Motion**, Brooke  
 8:30-9:15a **T** **GRIT**, Amy  
 9:00-10:00a **M** **BodyPump**, Stefanie  
 9:30-10:15a **S** **Rhythm Ride**, Miwana  
 10:15-11:15a **M** **ZUMBA**, Jose  
 1:00-2:00p **PD** **Hydro Power**, Patrice

## SUNDAY

9:30-10:30a **M** **BodyBalance**, DeeDee  
 10:35-11:20a **M** **Pilates**, DeeDee

### Class Locations

T = Turf

M = Main Studio

S = Spin Studio

P = Powerlifting Gym

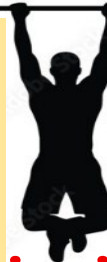
PD = Pool Deck

CHECK THE WEBSITE FOR LIVE  
 UPDATES, CANCELLATIONS AND LAST  
 MINUTE CHANGES, INCLUDING SUBS!

\*If it's in BLUE, it's a NEW Class,  
 NEW Instructor or NEW Time!\*

## GRIP Challenge

Improve Your  
 Grip Strength



Improve Your  
 Longevity

- Coming in May -

<https://www.verofitness.fit/>



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Classes in the pool will not be held if the outside  
 temperature is below 60 Degrees at 9:00am

## **Group Fitness Class Descriptions**

**All levels are welcome. Modifications provided.**

**AQUA CLASSES:** Enjoy a variety of Aquatics classes throughout the week at 9:30am! We are proud to offer classes including High Intensity Interval Training, (HIIT), TABATA, Strength & Balance, as well as AquaZumba@!

**BODY BALANCE®:** is a “New Generation” yoga-based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing.

**BODYPUMP®:** A high-intensity, full-body 60-minute weightlifting and conditioning class designed for all levels. Hot sounds and compelling choreography will keep you going through each workout.

**BODYSHOCK:** Boost your metabolism, improve your cardiovascular fitness, and build lean muscle with full body strength and cardio bursts.

**BOX ‘N BURN:** Train like a champ during this full body workout that’s centered around boxing and metabolic intensity. This class is designed for all levels of fitness and includes strength training, cardio and lots of punching. Bring your gloves if you’ve got them!

**CARDIO JAM:** Sweat in style. Easy to follow athletic dance to popular music!

**CHAIR LIFT:** Chair Lift class is great as a transition from light to eventual heavier weight bearing exercise. It is a gentle form of exercise that involves various stretching and toning techniques utilizing a chair which allows for more stability, security and variations as you work out.

**FLEX & FLOW:** An amazing fast-paced flow blends dynamic stretches, bodyweight strength moves and balance challenges into a fun upbeat workout that is perfect for all fitness levels. Expect creative sequences that build core power, improve flexibility and sharpen coordination.

**HIGH INTENSITY RESISTANCE TRAINING - (H.I.R.T.):** A series of strength exercises without rest, followed by a short recovery between blocks of work.

**HYDROPOWER:** Dive into wellness with our expert Aqua Fitness Instructor. Experience the unique benefits of water resistance, improve your strength, and boost your overall wellness in a supportive, engaging environment. Join us for a transformative journey towards better health - where every splash brings you closer to your goals.

**MAT & MOTION:** This amazing 45-minute workout combines the best of Pilates with Barre. Experience the benefits of this innovative combination!

**PILATES:** Decrease your anxiety and improve your core strength in 30 minutes of Pilates style conditioning. No matter your fitness goals, this class is great for EVERYONE!

**POWERLIFT:** It’s VERO GRIT with powerlifting twist! This powerlifting focused workout will prepare you for all those lifts you can try in our new Powerlifting Gym!

**POWER RIDE:** Real road ride with climbs, intervals, surges, and sprints. Improve your cardiovascular endurance and neuromuscular power to the beat of awesome music... clip in and reap the benefits!

**RHYTHM RIDE:** This is the spin class to take if you love music and working out to your max! Get lost in your own physical and mental challenges while focusing on your cardio and strength. Get ready to ride, sweat, and escape!

**SPIN:** This is a traditional Spin class that started group indoor cycling. Enjoy first class motivating instruction taking you up and downhill. Prepare to join this high energy class with challenging jumps to enhance your workout experience.

**SPRINT:** A short 30-minute intense style of cycle training where the thrill and motivation comes from pushing your physical and mental limits. You combine bursts of intensity where you work as hard as possible, with periods of rest that prepare you for the next effort. Smash your fitness goals fast!

**STEP:** This class is the next step up from a basic step class to incorporating various formats within one class such as party step, combo step and athletic step. Options will be shown for low and safe high impact on the step. Something for everyone!

**VERO GRIT:** This circuit-style TABATA class focuses on four areas of fitness: Cardio, Power, Strength, and Endurance, for a complete exercise experience.

**YOGA:** Enjoy a healthy start to your day and rejuvenate your body and mind with 45 minutes of functional mobility incorporating modified yoga postures suited for all levels to improve flexibility and wellbeing. Mats are provided, but we encourage you to bring your own mat & towel.

**YOGA STRETCH:** Maximize and enhance your athletic potential by adding functional flexibility training to your workout routine. This class is not optional if you want to improve your athletic performance.

**ZUMBA®:** This Dance-Based class combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is “exercise in disguise.”

**Trying a class for the first time? Be sure to arrive 15 minutes early, bring a water bottle and a towel, and introduce yourself to the instructor. Don’t be shy, our staff loves meeting new participants.**