GROUP TRAINING SCHEDULE: NOVEMBER

MONDAY

5:30-6:15a	T	**GRIT**, Amy
7:00-7:45a	M	**Mat & Motion**, Brooke/Olivia
8:00-8:45a	M	**STEP**, Olivia
9:00-10:00a	M	**Body Shock**, Carmen
9:30-10:30a	PD	**AquaHIT & Flow**, Shanna
11:15-12:00p	M	**ZUMBA**, Jose
5:30-6:30p	M	**BodyPump Heavy**, Kristina
5:45-6:15p	S	**SPRINT**, Miwana
6:45-7:30p	M	**HIP HOP**, Sydney

TUESDAY

5:30-6:15a	P	**Powerlift**, Don
5:45-6:15a	S	**SPRINT**, Sasha/Shanna
7:00-7:45a	M	**Flex & Flow**, 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)
6:45-7:30p	M	**STEP**, Olivia

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	**Aqua Fit**, Valerie
9:30-10:20a	M	**ZUMBA**, Summer
10:30-11:15a	M	**BodyBalance**, DeeDee
1:00-1:45p	M	****Sunday Strong,** Nikki Drumming**
5:45-6:45p	M	**BodyPump Heavy**, Nelly
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	**Aqua Fit**, Lindsey
11:00-12:00a	BS	**Chair Lift**, Lindsey
5:30-6:15p	M	**Box 'n Burn**, Paul
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/Olivia
8:30-9:20a	S	**Power Ride**, Carmen
9:30-10:30a	PD	**AquaZumba**, Edwin
9:30-10:30a	M	**BodyBalance**, Alyssa
10:45-11:30p	M	****Sunday Strong,** Paul Boxing**

SATURDAY

7:30-8:15a	M	**Mat & Motion**, Ana
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	**Aqua Fit**, Valerie

SUNDAY

9:30-10:30a	M	**BodyBalance**, DeeDee
9:30-10:15a	S	**Sunday Climb**, Sheri
10:35-11:20a	M	**Pilates**, DeeDee

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!

*****See the Sunday Strong Descriptions on the Back*****



Class Locations

T = Turf
M = Main Studio
S = Spin Studio
P = Powerlifting Gym
PD = Pool Deck
BS = Boxing Studio

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.

BODYPUMP HEAVY: The new workout of the decade. Tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. BODYPUMP HEAVY™ is serious strength training made simple and fun. No intimidation, just science-backed heavy lifting, iconic music and addictive energy.

BODYPUMP (HYBRID): Best of both **BODYPUMP** and **BODYPUMP HEAVY** combined half and half to get two distinct programs all in a one hour 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!

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 allowing 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.

HIP HOP: Try something NEW! This is a simple routine-based hip-hop class with options that teaches fun, easy-to-follow dance moves that allow you to loosen up and exercise at the same time.

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 cycle ride is a high energy music driven full body cardio experience! The class focuses on a challenging cadence to match the BPM of the music. Rhythm Ride is all about the vibes, sweat and pushing hard while having a blast!! Tuesday's ride may incorporate simple upper body choreography.

SPIN: This is a traditional Spin class that started group indoor cycling. Enjoy first class motivating instruction taking you up and downhills. 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!

SUNDAY CLIMB: A high-intensity ride to build endurance, leg strength and improve your cardiovascular fitness!! "Building Your Glutes One Climb at a Time"

SUNDAY STRONG: These classes are inclusive fitness classes where Vero Fitness members work out alongside Sunday Strong athletes with intellectual disabilities. All are welcome! Please check our website for cancellations.

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.