



Group Fitness Schedule

STARTING AUGUST 27

*NEW CLASS

LMOD= Les Mills On Demand

**Dance Party is a 1 ½ hr. class hosted by different instructors each week. It's like a night at the club, without the hangover! College students welcome at a reduced rate.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Mix-Fit (Willie)	* Zumba (Tiauna)	*Mix-Fit (Willie)	* Zumba (Tiauna)	Mix-Fit (Willie)	(9:00) *Zumba Strong (Gaby)	
10:00	LMOD	Silver Sneakers (Brenda)	LMOD	Silver Sneakers (Brenda)	LMOD	Line Dancing (Mr. H)	
11:00	LMOD	LMOD	LMOD	LMOD	LMOD	LMOD	LMOD
5:00	Spin Plus (LaTasha)	Step Fusion (Martha)	Spin Plus (Degarrette)	Step Fusion (Martha)			Zumba (Niecee)
6:00	Zumba (Niecee)	Zumba (Mishell)	Zumba (Niecee)	TRX (Degarrette)	*(6:30)** Dance Party		
7:00	* Barre Blast (Emily)	Zumba Strong (Gaby)	* Barre Blast (Emily)	Zumba (Mishell)			

Group Fitness Class Descriptions

Mix-Fit: Taught by Quest owner Willie Moore, this class is a mixture of Cross-Fit, functions fitness, weight training and anything else Willie feels like! Start your day with Willie, and you'll never know what to expect.

Zumba: One of our most popular classes. Zumba is a Latin-inspired dance fitness program that features dance moves for all ages and stages of fitness.

Zumba-Strong: this is the new HIIT (High Intensity Interval Training) class that is sweeping the country. It has fitness moves like burpees, pushups and other high intensity moves synced to Zumba specific music. All moves can be altered to YOUR fitness level.

Silver Sneakers: This is a program that encourages older adults to participate in physical activities that will help them improve and maintain their health.

Barre Blast: A barre workout with a Jazzy Flare, designed to "blast" your muscles "dancer" style.

Step Fusion: A step class with toning exercises using a variety of equipment. Step up to this awesome class and get a whole-body workout!

TRX: A suspension training that uses body weight exercises to develop strength, flexibility and core stability.

Spin Plus: A spin based class that has added exercises, using steps, weights, bands or other equipment to spin you into shape!

Line Dancing: A choreographed dance class with repeated steps sequences. This is a fun class for all stages of fitness.

**Dance Party: A 1 ½ hour class hosted by different instructors each week. It's like a night at the club without the hangover!

LMOD: Les Mills on Demand. Les Mills' programs are available any time a live class is not in session. These include Body Pump, Body Flow, and other popular classes. Ask a Lady Quest employee to start the class. Featured class times are listed on the schedule.