

# November 2018

## Group Exercise Schedule

(All classes FREE for members)












Visit our website for our online class schedule  
[www.fitnessforum.biz](http://www.fitnessforum.biz)



2855 Miller Dr. Ste 101, Plymouth, IN 46563  
 574-936-2333

MONDAY		TUESDAY		WEDNESDAY		\$4.50 THURSDAY		FRIDAY		SATURDAY		
5:30-6:20am Cardio/Strength	Cardio-Pump	5:15 -6:10am Cardio	Cycle	5:30-6:20am Strength	RIP	5:15- 6:10am Cardio	Cycling	5:30-6:25am Cardio/ Strength	Cardio-Pump	8:00-9:00am Strength	RIP	
6:45-7:35am Cardio	Hi- Lo	5:30-6:20am	Sports Core	6:45-7:40am Cardio	Hi-Lo	5:30-6:20am	Sports Core	6:45-7:45am	Hi-Lo	9:15- 10:05am Cardio	Cycle	
8:00-9:00am Cardio	Fit & Fun	7:45-8:30am Cardio		8:00-8:50am Cardio Circuit		8:25-9:15am Mind/Body		9:10-10:00am Strength	RIP	<b>Discover                      Vitality</b>  Visit the membership office  "FREE" one time  30 minute Session by appointment.  <b>DEFY                      GRAVITY                      YOGA                      TRAPEZE</b>		
8:30-9:15am Cardio/Strength	HIIT & TRX	8:25-9:15am Mind/Body		9:00-10:00am Strength Starts 10/10	RIP	9:20-10:15am Mind/Body	YogaFit® Level 2-3	8-8:55am	Fit-N-Fun			
9:30-10:20am Cardio	Cycling	9:30-10:00am Cardio-Express	Fit Camp	9:30-10:20am Chair Class		10:00-11:00am	Tai-Chi	9:30-10:20am Cardio	Cycling			
9:30-10:20am	RIP-Strength	10:15-10:45am Cardio- Express		10:00- 10:30am	Cycling	10:00-10:30	Cycling	9:30-10:20am Advance				
9:45-10:35am	Breath n Motion	10:00-10:30	Cycling	10:30- 11:20am	Gentle Yoga	10:30-11:20am	RIP-Strength	10:30-12:30	Sassy Line-Dance			
10:30-11:20am	Gentle Yoga	10:00-11:00	Tai Chi	10:30-12:30 Dance	Sassy Line	10:30-11:20am Cardio		6:00-6:50pm	RIP-Strength			
11:00-11:45am	Healing Drum	10:30-11:20am Strength	RIP	5:30-6:20pm Strength		Noon-1:00pm Classic		5:30-9:30pm 2nd week \$ See LDA Rep				Ballroom Party
11:30- Noon Dance	Sassy Line Newbie	9:20-10:15am Mind/Body	YogaFit® Level 2-3	5:30-6:15pm Cardio	Cycling	1:15-2:00pm Stability/Chair		<b>Class Location Legend</b>				
12:00-12:50pm Dance	Sassy Line	10:30- 11:20am Cardio	Gentle Yoga	5:30-6:15pm Cardio		2:00-3:00pm	Move into Wellness \$	<b>Studio 1</b>  <b>Studio 2</b>  <b>Studio 3</b>  <b>North Studio</b>  <b>South Studio</b>  <b>Cycling Arena</b>  <b>Personal Training Area</b>  <b>Gymnasium</b>				
5:30-6:20pm Strength		10:30- 11:20am Cardio		5:30- 6:20pm Mind/Body		4:25-5:20pm Cardio	Cardio HIIT	<b>DOJANG                      GENERATION                      Kids Class</b>  Begins November 13 <sup>th</sup>  Studio 2 5:30-6:30pm  Cost: \$20/child Family (3+) \$30  Sign up sheet at welcome desk				
5:30- 6:20pm Mind/Body		12:00- 12:50pm Classic		6:30-7:20pm Cardio		5:30-6:20pm Strength						
6:30-7:20pm Cardio		4:25pm-5:20pm Cardio	Cardio HIIT	6:30pm-7:20pm Cardio/Strength	Sports FIT	5:30-6:20pm Cardio						
5:30pm-7:30pm Dance		5:30-6:20pm Strength				6:35 -7:25pm Cardio						
5:30- 6:15pm Cardio	Cycling	5:30-6:20pm Begins 11/13				6:30-7:20pm Mind/Body	YOGA Level 2-3					
6:30-7:20pm	Sports FIT	6:30-7:20pm Cardio	Cycling			7:00-9:00pm	American Martial Arts Club \$					
		6:30-7:20pm Strength	RIP									
		7:00pm-9:00pm	American Martial Arts Club \$									

Class times subject to change pending instructor availability. See your instructor to be added to the groupme app for faster communications/alert of class cancellation. (\$) Fee based class

Cardio	Strength/Cardio	Senior	Mind/Body/Flexibility
<p> <b>DRUMS ALIVE</b> Discover the drummer in you! Drums Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Kids and adults welcome! 7yrs &amp; up</p> <p><b>Cardio-Pump:</b> A combo of energetic cardio and strength training segments to help you shred the fat and build lean muscle!</p> <p><b>Sports Core:</b> Is for beginners to experience cardio, strength, and core work in a fun group environment.</p> <p><b>Cardio Hi-Lo:</b> A high energy, easy to follow class with the goal of cardio training through choreographed moves on the floor.</p> <p><b>Cycling: 30-50 minutes</b> Easily modifiable to all fitness levels with goals based on resistance, RPM, range and intensity to improve your fitness and performance. This is one ride you won't want to miss!</p> <p><b>Cardio:</b> Interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burn more fat in less time.</p> <p> <b>POUND</b> Sweat, sculpt, and rock with POUND! The fastest growing fitness phenomena inspired by the sweat dripping, infectious, energizing fun of drumming! Pound is a full body cardio jam session champion by fitness rebels around the world. Join Pound Pro Katie Surma to release your inner rock star!!!!</p> <p> <b>ZUMBA</b> is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.</p> <p><b>**Class cancellation notice:</b>  <b>Group exercise schedule, instructor and/or classes are subject to change with no prior notification. If any class has less than 5 participants for 3 weeks in a row it will be removed from the schedule for the following month. Classes are scheduled based on instructor availability.</b></p>	<p> <b>LORELLE BODYPUMP</b> Challenge all of your major muscle groups in 50 minutes by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast!</p> <p> <b>LORELLE BODYPUMP EXPRESS:</b> Get inspired during your lunch break! A 30 minute weight lifting challenge class that will keep you motivated and charged for the rest of the day.</p> <p><b>HIIT &amp; TRX:</b> This class is designed to improve strength and fitness. TRX suspension and rope exercises provide functional fitness for people of all levels</p> <p><b>RIP@: RIP by GROUP Rx</b> is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.</p> <p><b>Sports Fitness:</b> Designed to help you reach the next level of fitness! If you like to work hard or are just tired of the same old routine, come try this athletic and fun approach to fitness.</p> <p><b>Fit Camp Express:</b> 30 minute interval class. Alternate short sections of hard work with rest/recovery. Increase the after burn.</p> <p><b>Intervals:</b> Intervals of high intensity that are fun and easy to follow with fresh, new music!</p> <p> <b>DOIN' IT RIGHT</b> Kids Class was created not just as a workout geared towards kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! How? By introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!</p> <p><b>Level 1: Beginner Level</b>  <b>Level 2: Intermediate</b>  <b>Level 3: Advance</b>  <b>All classes are intermixed levels and instructors provide modifications.</b></p>	<p><b>Sassy Line Dance:</b> Fitness fuses with dance in this energetic workout utilizing music from many eras including the present. Numerous dance styles are represented with fitness moves choreographed into a routine. Students receive a cardiovascular workout, balance moves and a relaxation time.</p> <p><b>Sassy Line Dance Newbie:</b> Join us as we break down some of the core dance moves from Sassy Dance</p> <p> <b>Classic:</b> Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and a ball are all used for resistance. A chair is used for seated and/or standing support.</p> <p> <b>Circuit:</b> Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work is alternated with non-impact moves. A chair is offered for support.</p> <p> <b>Advance:</b> Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and a ball are all used for resistance. A chair is used for seated and/or standing support. Advance is the next level of intensity that will help empower you to fitness.</p> <p> <b>Stability</b> is the newest class designed to help participants become stronger and improve balance. The class focuses on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.</p> <p><b>Fit &amp; Fun:</b> Catering to the over 50 community with an emphasis on cardio endurance, toning and flexibility. Exercises and a final relaxation will promote stress reduction and mental clarity.</p>	<p><b>YogaFit®</b> Enjoy a workout of strengthening, lengthening and balancing poses in a fluid moving workout centered on Yoga alignment principals. Participants will gain the benefits of relaxation, stress reduction and mental focus. Concluding class with a 5-10 minute relaxation session. Great for all levels of yoga experience. Beginners welcome. <b>Level 2-3</b></p> <p><b>Yoga Vinyasa</b> is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga. Go with the flow in this invigorating and restorative practice. ** Coming soon...</p> <p><b>Yoga/Power:</b> fitness-based vinyasa practice. An offshoot of Ashtanga Yoga. This practice will build the internal heat to sweat out stress, increase stamina, strength, and flexibility. This active practice will give you an empowering practice feeling the heat and release of tension. Recommend having previous yoga experience. ** Coming soon</p> <p><b>Yoga/Gentle Yoga:</b> Enjoy an intentional yoga practice to end your workout balanced, release tension and restore breath and feel restored. This is a practice that poses “asanas” can be modified to meet any level. Connecting mind, body and spirit with a slow practice.</p> <p> <b>BARRE ABOVE</b> Sample class using the best of pilates, yoga, aerobics, and elements of strengthening dance exercises. Barre Above delivers a results- driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.</p> <p><b>Healing Drum:</b> When our hands connect with a DRUM that vibrates with our energy, vitality, emotion, exhilaration, hope, sensitivity, giving, sharing and unity, we become whole again.</p> <p><b>*TRAPEZE YOGA:</b> Yoga Trapeze consists of beginner to Intermediate level yoga foundational asanas (poses) taken to the trapeze sling, core, lower body and upper body trapeze movements. Results are immediate, by the end of any session participants will feel strong and confident to execute fun trapeze inversion movements to release stress, tension and build overall flexibility, strength and lengthening.</p> <p><b>Tai-Chi-</b> A 60 minute class of a series of slow postural movements. This class will relieve stress and anxiety. Increasing flexibility and balance. Join us for this gentle exercise class.</p>