

2019 February

Group Exercise Schedule
 (All classes **FREE** for Members)
 Visit our website for our online class schedule
www.fitnessforum.biz

fitness FORUM sports & wellness **Life P L E X**
 2855 Miller Dr. Ste 101, Plymouth, IN 46563
 (574)936-2333

Monday		Tuesday		Wednesday		Thursday \$4.50		Friday		Saturday	
5:30-6:20am	Cardio-Pump	5:15-6:10am	Cycling	5:30-6:20am	RIP	5:15-6:10am	Cycling	5:30-6:25am	Cardio-Pump Strength	7:10-7:50am	Super Step
6:45- 7:35am	HI-LO	5:30-6:20am	Sports Core	6:45-7:40am	Hi-Lo	5:30-6:20am	Sports Core	6:45-7:45am	HI-LO	8-9am	RIP
8:30- 9:15am	Suspended Core	7:45-8:30am	POUND	8:25-8:55am	Fit Camp	8:25-9:15am	Cardio Sculpt	8:25-8:55am	Fit Camp	9:15-10:05	Cycle
9:30-10:20am	Cycling	8:25-9:15am	Cardio Sculpt	9:00-10am	RIP	9:20-10:15am	Yoga FIT Level 2-3	9-10:00am	RIP	Starts 2/9	Yoga
9:30-10:20 am	RIP-Strength	9:20-10:15am	Yoga Fit	10-10:30am	Cycling	9:30-10:20am	Tai-Chi	9:30-10:20am	Cycling	Discover Vitality Visit the membership office "FREE" one time 30 minute Session by appointment DEFY GRAVITY 	
9:20-10:15	Yoga Level 2-3	9:30-10:15am	Cycling	9:20-10:15am	Yoga Level 2-3	10:30-11:20	Gentle Yoga	9:20-10:15am	Yoga Level 2-3		
10:30-11:20am	Gentle Yoga	9:30-10:20am	Tai_Chi	9:30-10:20am	Silver Sneakers	9:30-10:15am	Cycling	9:30-10:20am	Silver Sneakers		
11:30- Noon	Sassy Line Newbie	10:15-10:45am	POUND	10:30- 11:20	Gentle Yoga L1	10:30-11:20	RIP	10:30-12:30	Sassy Line dance		
12-12:50	Sassy Line	10:30-11:20am	RIP	10:30- 12:30	Sassy Line	10:30-11:20	Drum Alive	6-6:50pm	RIP- Strength		
5:30-6:20pm	Bodypump	10:30-11:20	Gentle Yoga	5:30-6:20pm	BODYPUMP	Noon-1pm	Silver Sneakers	5:30-9:30pm	LDA Ballroom Party	Slim It To Win IT! Feb. 19th-April 11th Tuesday & Thursday 6am or 6pm Cost \$99 (Members \$49)	
5:30-7:30pm	LDA	10:30-11:20am	Drums Alive	5:30-6:15PM	Cycle Pump	2:00-3:00pm	Move into Wellness \$	Class Location Legend			
5:30-6:15pm	Intervals	12-12:50pm	Silver Sneaker	5:30-6:15pm	Drums Alive	4:25-5:20pm	Cardio Intervals	Studio 1			
5:30-6:20pm	Barre Above	4:25-5:20pm	Cardio Intervals	5:30-6:20pm	Bare Above	5:30-6:20PM	BodyPump	Studio 2			
6:30-7:20pm	Pound	5:30-6:20pm	LesMills BODYPUMP	6:30-7:20pm	POUND	5:30-6:20pm	POUND	Studio 3			
6:30-7:20pm	Sports Fit	6:30-7:20pm	Full Ride Cycle	6:30-7:20pm	Sports FIT	6:35-7:25am	Zumba	North Studio			
		7-9pm	Martial Arts\$	7:30-8:20pm	Gentle Yoga	7:00-9:00pm	Martial Arts\$	South Studio			
								Cycling Studio			
								Presonal Training Area			
								Gymnasium			

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

Cardio	Strength/Cardio	Senior	Mind/Body/Flexibility
<p>Drums Alive: 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 Friendly! 7yrs and up</p> <p>Cardio Pump: A combo of energetic cardio and strength training segments to help you shred the fat and build lean muscles!</p> <p>Sports Core: Is for beginners to experience cardio, strength, and core work in a fun group environment.</p> <p>Cardio Hi-Lo: A high energy, easy to follow class with the goal of cardio training through choreographed moves on the floor.</p> <p>Cycling: Easy modifiable to all fitness levels with goals based on resistance, RPM, range and intensity to improve your fitness and performance.</p> <p>Cardio: Interval training, is a training technique in which you give all-out, 100% 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>POUND: 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.</p> <p>ZUMBA: Is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature acrobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.</p>	<p>LES MILLS BODY PUMP: 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>LES MILLS BODY PUMP EXPRESS: 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>Suspended Core: This class is designed to improve strength and fitness. TRX suspension and rope exercises provide functional fitness for people of all levels.</p> <p>RIP: Is a barebell 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>Sports Fitness: 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>Fit Camp Express: 30 minute interval class. Alternate short sections of hard work with rest/recovery. Increase the after burn.</p> <p>Pound (Generation): 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>Sassy line Dance: 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>Sassy Line Dance: Join us as we break down some of the core dance moves from Sassy Dance.</p> <p>Silver Sneaker: Classic: 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 style="text-align: center;">Level 1: Beginner Level 2: Intermediate Level 3: Advanced</p> <p style="text-align: center;">All classes are intermixed levels and instructors provide modification</p> <p>*Fee Based Class</p> <p>**Class cancellation notice** 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.</p>	<p>YOGAFIT/YOGA Level 2-3: 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 reducing, and mental focus. Concluding class with a 5-10 minute relaxation session. Great for all levels of yoga experience. Beginners welcome. Level 2-3</p> <p>Yoga/Gentle Yoga: 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 fitness level. Connecting mind, body, and spirit with a slow practice.</p> <p>Barre Above: Sample class using the best of pilates, yoga, aerobics, and elements of strengthening dance exercises. Barre Above delivers a result-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.</p> <p>Healing Drum: 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>Super Step: This is a fun energetic class utilizing the step platform to give you a great cardio workout. The class will have great music and enthusiastic exercises for a total body workout.</p> <p>*TRAPEZE YOGA: Consists of all levels of yoga foundational asanas (poses) taken to the trapeze sling. Core, lower, an upper body movements. Results are immediate, by the end of any session you will feel strong and confident to execute inversion movements to release stress, tension and build overall flexibility & strength.</p>