

Group Exercise Schedule

EFFECTIVE: May 1, 2022

Monday

| Time (a.m.) | Class | Instructor |
|---------------|--|------------|
| 5:15 - 6:15 | 501 CrossFit | Megan |
| 5:30 - 6:15 | Circuit Training | Sarah |
| 7:30 - 8:15 | Dynamic Mobility | Shaun |
| 8:15 - 9:00 | Group Cycling | Amy |
| 8:30 - 9:15 | Step | Kelley |
| 8:30 - 9:30 | 501 CrossFit | Jessica |
| 9:00 - 9:55 | AquaFit | Lisa |
| 9:30 - 10:30 | Circuit Training | Charla |
| 9:45 - 10:30 | KidFIT | Jessica |
| 11:30 - 12:15 | Silver Sneakers - Muscular Strength Range of Motion | Holly |
| Time (p.m.) | | |
| 12:00 - 1:00 | 501 CrossFit | Charlie |
| 4:30 - 5:30 | 501 CrossFit | Cara |
| 5:30 - 6:25 | Sculpt | Charla |
| 5:30 - 6:30 | 501 CrossFit | Brad |

Tuesday

| Time (a.m.) | Class | Instructor |
|---------------|--|------------|
| 5:15 - 6:15 | 501 CrossFit | Megan |
| 8:15 - 9:00 | Group Cycling | Amy |
| 8:30 - 9:30 | 501 CrossFit | Lori |
| 9:00 - 9:55 | AquaFit | Evelyn |
| 9:30 - 10:30 | Legends | Patti |
| 9:30 - 10:15 | Hip Hop Cardio | Erin |
| 11:30 - 12:15 | Silver Sneakers - Stretch Chair Yoga | Lupe |
| Time (p.m.) | | |
| 12:00 - 1:00 | 501 CrossFit | Charlie |
| 4:30 - 5:30 | 501 CrossFit | Cara |
| 5:30 - 6:25 | Step | Kerry |
| 5:30 - 6:30 | 501 CrossFit | Charlie |
| 5:45 - 6:35 | Group Cycling - (Registration Required) | Laura |

Wednesday

| Time (a.m.) | Class | Instructor |
|---------------|--|------------|
| 5:15 - 6:15 | 501 CrossFit | Jessica |
| 5:30 - 6:15 | Circuit Training | Sarah |
| 7:30 - 8:15 | Dynamic Mobility | Shaun |
| 8:15 - 9:00 | Group Cycling | Amy |
| 8:30 - 9:15 | Step | Kelley |
| 8:30 - 9:30 | 501 CrossFit | Lori |
| 9:00 - 9:55 | AquaFit | Jenna |
| 9:30 - 10:30 | Circuit Training | Charla |
| 9:45 - 10:30 | KidFIT | Jessica |
| 10:15 - 11:15 | Yoga (Vinyasa Flow) | Lupe |
| 11:30 - 12:15 | Silver Sneakers - Muscular Strength Range of Motion | Holly |
| Time (p.m.) | | |
| 12:00 - 1:00 | 501 CrossFit | Charlie |
| 4:30 - 5:30 | 501 CrossFit | Jessica |
| 5:30 - 6:25 | CardioSculpt | Kerry |
| 5:30 - 6:30 | 501 CrossFit | Jessica |
| 6:30 - 7:15 | Bootcamp | Matt |

Group Exercise Schedule

EFFECTIVE: May 1, 2022

Thursday

| Time (a.m.) | Class | Instructor |
|---------------|---|------------|
| 5:15 - 6:15 | 501 CrossFit | Megan |
| 8:20 - 8:50 | Burn30 | Charla |
| 8:30 - 9:30 | 501 CrossFit | Lori |
| 9:00 - 9:55 | AquaFit | Evelyn |
| 9:30 - 10:15 | Hip Hop Cardio | Erin |
| 9:30 - 10:30 | Legends | Patti |
| 11:30 - 12:15 | Silver Sneakers - Stretch Chair Yoga | Lupe |

| Time (p.m.) | Class | Instructor |
|--------------|--|------------|
| 12:00 - 1:00 | 501 CrossFit | Charlie |
| 4:30 - 5:30 | 501 CrossFit | Jessica |
| 5:30 - 6:30 | 501 CrossFit | Jessica |
| 5:45 - 6:35 | Group Cycling - (Registration Required) | Laura |

Friday

| Time (a.m.) | Class | Instructor |
|---------------|--|------------|
| 5:15 - 6:15 | 501 CrossFit | Megan |
| 5:30 - 6:15 | Circuit Training | Sarah |
| 7:30 - 8:15 | Dynamic Mobility | Shaun |
| 8:30 - 9:30 | 501 CrossFit | Charla |
| 9:00 - 9:55 | AquaFit | Justice |
| 9:30 - 10:30 | Circuit Training | Charla |
| 9:45 - 10:30 | KidFIT | Jessica |
| 11:30 - 12:15 | Silver Sneakers - Muscular Strength Range of Motion | Holly |

| Time (p.m.) | Class | Instructor |
|--------------|---------------------|------------|
| 12:00 - 1:00 | 501 CrossFit | Jon |
| 4:30 - 5:30 | 501 CrossFit | Brad |

Saturday

| Time (a.m.) | Class | Instructor |
|---------------|----------------------------|------------|
| 8:15 - 8:45 | Sculpt Express | Kerry |
| 9:00 - 9:45 | Group Cycling | Tyler |
| 9:00 - 10:00 | 501 CrossFit | Megan |
| 9:00 - 10:00 | Step | Kerry |
| 10:15 - 11:15 | Yoga (Vinyasa Flow) | Lupe |

Class Locations: 501Fit - 501 Floor, Group Cycling - Cycle Studio

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of five participants to remain on the schedule. Each class must have at least three participants to be conducted.



Group Exercise Schedule

AquaFit - Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Burn30 - This high intensity, circuit-based class is designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. While each class places emphasis on either upper body, lower body or core, they all will test your cardio and strength.

Circuit Training - A variety of high intensity resistance training intervals mixed with light cardio intervals.
Location - Gym

501CrossFit 501 - Fit offers classes for people of all fitness levels, with an emphasis on functional movement. Our helpful coaches and friendly members will make for a great experience. Workouts typically take an hour or less, and normally include a preworkout with a strength or skill and a post workout with accessory work or stretching/mobility. Location - CrossFit

Dynamic Mobility - This is your blueprint for better movement! This unique program is designed to give you the strength and flexibility that will set you free from joint and fascia pain allowing you to be more dynamic in any activity you choose from basic functionality to high performance athleticism.

Group Cycling - A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level.

Hip Hop Cardio - It's hip, it's hot, it's the latest dance grooves set to the hottest music, latin or otherwise. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

KidFIT - Functional athletic training for ages 6-14. Improve your agility, mobility, flexibility, speed & power!

Legends - Legends is Razorfit tailored for people 50+ years old.

Sculpt - Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

Silver Sneakers - Muscular Strength Range of Motion - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Sneakers - Stretch Chair Yoga - This class moves your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Step - A cardiovascular workout using the step. Sequences are introduced and developed as the class progresses.

Yoga - Vinyasa Flow - Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.