



GROUP FITNESS SCHEDULE

EFFECTIVE 01.02.2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6:00-6:45am RIDE:45 Studio B Monique</p>	<p>6:00-6:30am JUST LIFT:30 Studio B Monique</p>	<p>6:00-6:30am RIDE:30 Studio B Monique</p>	<p>6:00-6:30am JUST LIFT:30 Studio A Monique</p>	<p>6:00-6:45am Zen Ride Studio B Corey</p>	
	<p>7:30-8:30am Yoga Studio A Terri</p>	<p>6:35-6:55am Circuit:20 Studio B Monique</p>	<p>7:30-8:30am Yoga Studio A Terri</p>	<p>7:00-8:00am Yoga Studio A Corey</p>	<p>8:00-8:45am RIDE:45 Studio B Tiffany</p>
<p>8:00-8:30am HIIT:30 Studio A Sarah</p>	<p>8:00-8:30am Synergy Synergy 360 Sarah</p>	<p>8:30-9:30am BUTI Yoga Studio A Corey</p>	<p>8:00-8:30am Synergy Synergy 360 Sarah</p>	<p>8:30-9:30am BUTI Yoga Studio A Meghan</p>	<p>8:00-8:30am HIIT Pilates Studio A Olga</p>
<p>9:00-9:30am Synergy Synergy 360 Cindy</p>	<p>8:30-8:50am Circuit:20 Studio A Sarah</p>	<p>9:00-9:30am Synergy Synergy 360 Rachel</p>	<p>8:30-8:50am Circuit:20 Studio A Sarah</p>	<p>8:30-9:00am RIDE:30 Studio B Tiffany</p>	<p>9:00-9:50am BURN Studio A Monique</p>
<p>9:35-9:55am Circuit:20 Studio A Cindy</p>		<p>9:35-9:55am Circuit:20 Studio A Rachel</p>		<p>9:00-9:20am Circuit:20 Studio B Tiffany</p>	<p>9:00-9:50am Mat Pilates Studio B Olga</p>
<p>9:00-9:45am RIDE:45 Studio B Anna</p>	<p>9:00-9:50am Turbo Kick Studio A Grace</p>	<p>9:00-9:45am RIDE:45 Studio B Tiffany</p>	<p>9:00-9:50am Turbo Kick Studio A Grace</p>		
<p>10:00-10:50am JUST LIFT Studio A Cindy</p>	<p>9:00-9:30am RIDE:30 Studio B Anna</p>	<p>10:00-10:50am JUST LIFT Studio A Tiffany</p>	<p>9:00-9:30am RIDE:30 Studio B Anna</p>	<p>10:00-10:50am Just Lift Studio A Tiffany</p>	
	<p>9:30-9:50am Circuit:20 Studio B Anna</p>		<p>9:30-9:50am Circuit:20 Studio B Anna</p>		
<p>10:00-11:00am Vinyasa Yoga Studio B Sarah</p>	<p>10:00-11:00am Vinyasa Yoga Studio A Corey</p>	<p>10:00-11:00am Vinyasa Yoga Studio B Corey</p>	<p>10:00-11:00am Vinyasa Yoga Studio A Sarah</p>		
		<p>11:45-12:35pm Boxing Synergy Kyle H.</p>			
<p>5:30-5:50pm Circuit:20 Studio A Clarissa</p>	<p>5:30-6:20pm Dynamite Studio A Heather</p>	<p>5:30-5:50pm Circuit:20 Studio A Olga</p>	<p>5:30-6:20pm Dynamite Studio A Heather</p>		
<p>6:00-6:50pm JUST LIFT Studio A Clarissa</p>	<p>6:00-7:00pm Yoga Studio B Corey</p>	<p>6:00-6:50pm JUST LIFT Studio A Olga</p>	<p>6:30-7:20pm PhysiQ Studio A Heather</p>		
<p>6:00-6:45pm RIDE:45 Studio B Terri</p>	<p>6:30-7:20pm PhysiQ Studio A Heather</p>	<p>6:00-6:45pm RIDE:45 Studio B Clarissa</p>			

YOGA/STRETCH/PILATES
 STRENGTH AND CONDITIONING

ATHLETIC TRAINING
 RIDE/CYCLING

MARTIAL ARTS
















GRAND FITNESS
440 GRAND BOULEVARD | SUITE 200
MIRAMAR BEACH, FL 32550

GRANDFITNESSFL.COM

For scheduling questions or help finding your new workout routine - email us at info@grandfitnessfl.com

GROUP FITNESS CLASS DESCRIPTIONS

EFFECTIVE 01.02.2019

	Boxing	Led by Personal Trainer, Kyle, each class is set up with 10 stations (with gloves and bags) for speed, agility, professional boxing, and kickboxing moves. *SIGN UP IN ADVANCE*
	BUTI Yoga	BUTI Yoga is a dynamic and soulful combination of Power yoga, Kundalini, strength-building plyometric movements, and tribal dance. BUTI is an Indian Marathi word that means "a cure that has been hidden or kept secret".
	Circuit:20	20 fast moving minutes of strength and cardiovascular activities, determined by individual instructors and laid out in the form of a circuit.
	Dynamite	High Intensity full body chisel complete with rolling intervals of dynamic core movements and high heart rate plyometrics. Excite every part of your body as we push past limitations of our cardiovascular strength and stamina with this nonstop high energy motivator. Dynamite is about burning the highest amount of calories as possible while accenting specific core and physique enhancements.
	HIIT:30	High Intensity Interval Training (HIIT) will transform your body in a short amount of time through strength and cardiovascular activity. In this class you will use a variety of weights as well as your own body. This training is a great way to burn more calories, improve performance, and teach your body how to burn more fat. Be prepared to work!
	HIIT Pilates	Get your heart pumping and metabolism revved with this fat-burning interval style of training workout that builds muscular endurance, flexibility and a good cardiovascular base for any athletic activity. In addition to the fast-paced cardio aspect of the workout, the Pilates exercises ensure that a mind-body connection underpins the routine. Most of the exercises are full body integration, all performed with control and total awareness over your body. The routine can be adapted to all levels, as the Pilates repertoire has endless modifications to accommodate anyone.
	JUST LIFT JUST LIFT:30	Our primary strength training class! JUST LIFT is a fundamental strength and conditioning class designed to strengthen the entire body with a variety of sequences and equipment. In some cases, our instructors begin to challenge member but modifications are always given. Effective for all levels.
	Mat Pilates	This Pilates class is a low equipment complete mat program to tone your entire body. Pilates creates core strength, improves posture, balance, and flexibility. It increases energy and provides complete awareness between the body and the mind. Tension and stress relief is also an important aspect of this class.
	PhysiQ	Total body tone utilizing weights and specific muscle activation techniques used to hone in on the fine-tune details of body shape transformation. Build the booty, lengthen abdominals, tighten the upper thighs, lift the chest and condense the mid-section. PhysiQ is about changing the shape of your body by re-wiring the muscular dynamics of how it holds itself.
	Ride:30/45	A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focuses on cadence, heart-rate zones, climbs and sprints that can make an unpredictable ride that is fun and challenging. *SIGN UP IN ADVANCE*
	Synergy	A non-studio, exciting circuit workout on the synergy piece in between studio A and B. Created and led by Certified Personal Trainers. This class creates a transformational and inspiring fitness experience. *SIGN UP IN ADVANCE (ONLY 10 SPACES AVAILABLE)*
	Turbo Kick	Turbo Kick LIVE is a traditional kick-boxing moves meets high-intensity training (HIIT) meets PARTY for an unbelievable calorie burn. Get ready to have a blast getting into knockout shape. You will learn hard-hitting combos while torching fat and carving lean muscle in the most empowering class you've ever taken!
	Vinyasa Yoga	Yoga with more power and intensity. This flow is one that takes you through postures only holding a few breathes at a time. (2-3) Vinyasa is a style of yoga characterized by stringing postures together so that you move from on to another, seamlessly, using breath. Commonly referred to as "power yoga". Vinyasa classes offer a variety of postures and no two classes are ever alike.
	Yoga	An energetic flow that connects dynamic movements with the breath, taking you through sun salutations, and other movements before you enter a state of deep relaxation through savasana. Yoga Flow improves strength, flexibility, and concentration. It will leave you feeling confident and energized!
	Zen Ride	A cardio workout on a stationary bike that provides you the opportunity for a stronger body, clearer mind, and a lighter spirit. *SIGN UP IN ADVANCE*

	YOGA/STRETCH/PILATES		STRENGTH AND CONDITIONING
	ATHLETIC TRAINING		RIDE/CYCLING
	MARTIAL ARTS		

GRAND FITNESS
440 GRAND BOULEVARD | SUITE 200
MIRAMAR BEACH, FL 32550

GRANDFITNESSFL.COM

For scheduling questions or help finding your new workout routine - email us at info@grandfitnessfl.com

Visit grandfitnessfl.com/gx for class descriptions or download our app to manage your calendar | classes and instructors are subject to change