

























# GROUP FITNESS SCHEDULE

EFFECTIVE 08.12.2019

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|--|--|--|--|
|   |  5:15-5:55am Synergy 360<br>Synergy Clarissa       |  |  5:15-5:55am Synergy 360<br>Synergy Clarissa  |  6:00-6:45am Studio B<br>RIDE:45 Monique              |  |
|  6:00-6:45am Studio B<br>RIDE:45 Monique              |  6:00-6:45am Studio A<br>JUST LIFT:45 Monique      |  6:00-6:45am Studio A<br>BURN Monique           |  6:00-6:45am Studio A<br>JUST LIFT:45 Monique |  |  |
|  8:00-8:30am Studio A<br>HIIT:30 Sarah                |  7:30-8:30am Studio B<br>Gentle Yoga Terri         |  |  7:30-8:30am Studio B<br>Gentle Yoga Terri    |  |  8:00-8:45am Studio B<br>RIDE:45 Tiffany    |
|  8:35-9:35am Studio A<br>Dynamic Power Yoga<br>Meghan |  8:15-9:05am Studio A<br>BURN Sarah                |  8:35-9:25am Studio A<br>Level Up Danner        |  8:15-9:05am Studio A<br>BURN Tiffany         |  8:35-9:35am Studio A<br>Dynamic Power Yoga<br>Meghan |  9:00- 9:30am Studio B<br>HIIT Pilates Olga |
|  8:35-9:20am Studio B<br>RIDE:45 Anna                 |  9:10-10:00am Studio A<br>Turbo Kick Grace         |  8:35-9:20am Studio B<br>RIDE:45 Tiffany        |  9:10-10:00am Studio A<br>Turbo Kick Grace    |  8:35-9:05am Studio B<br>RIDE:30 Tiffany              |  9:00-9:50am Studio A<br>BURN Monique       |
|  9:00-9:40am Synergy 360<br>Synergy Cindy             |  9:00-9:30am Studio B<br>RIDE:30 Anna              |  |  9:00-9:30am Studio B<br>RIDE:30 Anna         |  9:05-9:35am Studio B<br>Circuit:30 Tiffany           |  9:40-10:30am Studio B<br>Mat Pilates Olga  |
|  9:45-10:35am Studio A<br>JUST LIFT Cindy             |  9:30-10:00am Studio B<br>Circuit:30 Anna          |  9:45-10:35am Studio A<br>JUST LIFT Tiffany     |  9:30-10:00am Studio B<br>Circuit:30 Anna     |  9:45-10:30am Studio A<br>JUST LIFT Tiffany           |  |
|   |  5:00-5:30pm Studio A<br>Guts & Butts Heather      |  11:45-12:35pm Synergy 360<br>Boxing Kyle H.    |  5:00-5:30pm Studio A<br>Guts & Butts Heather |  |  |
|  5:30-5:50pm Studio A<br>Guts & Butts Clarissa       |  5:35-6:25pm Studio A<br>Dynamite Heather         |  5:30-5:50pm Studio A<br>Guts & Butts Clarissa |  5:35-6:25pm Studio A<br>Dynamite Heather    |  |  |
|  6:00-6:50pm Studio A<br>JUST LIFT Clarissa         |  6:00-7:00pm Studio B<br>Yoga for Flexibility DJ |  |  |  |  |
|  6:00-6:45pm Studio B<br>RIDE:45 Terri              |  6:30-7:00pm Studio A<br>PhysiQ Heather          |  6:00-6:45pm Studio B<br>RIDE:45 Clarissa     |  6:30-7:00pm Studio A<br>PhysiQ Heather     |  |  |

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

GRAND FITNESS  
440 GRAND BOULEVARD | SUITE 200  
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For scheduling questions or help finding your new workout routine - email us at [info@grandfitnessfl.com](mailto:info@grandfitnessfl.com)

Visit [grandfitnessfl.com/gx](http://grandfitnessfl.com/gx) for class descriptions or download our app to manage your calendar. Classes and instructors are subject to change.

# GROUP FITNESS CLASS DESCRIPTIONS

|  |                                   |  |
|--|-----------------------------------|--|
|    | <b>Boxing</b>                     | 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*  |
|    | <b>BURN</b>                       | A full body high-intensity, low equipment workout. This class is structured with short bursts of cardio intervals paired with strength training. A great way to burn fat while toning your entire body.  |
|    | <b>Circuit:20</b>                 | 20 fast moving minutes of strength and cardiovascular activities, determined by individual instructors and laid out in the form of a circuit.  |
|    | <b>Dynamite</b>                   | 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.  |
|    | <b>Level Up</b>                   | This Athletic Step class combines an adjustable step platform with cardio and strength training to take your fitness to the next level. By using The Step to increase the range of motion, participants will burn calories through cardio blocks and build muscle with bodyweight and weighted exercises for a full body workout.  |
|    | <b>Guts &amp; Butts</b>           | This class has two objectives: (1) Chisel your core and ignite your metabolism with challenging, six-pack exercises that builds abdominal muscles and enhances total-body performance. (2) Strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful.  |
|    | <b>HIIT:30</b>                    | 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!   |
|    | <b>HIIT Pilates</b>               | 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. |
|    | <b>JUST LIFT<br/>JUST LIFT:30</b> | 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.   |
|    | <b>Mat Pilates</b>                | 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.  |
|    | <b>PhysiQ</b>                     | 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.   |
|    | <b>Ride:30/45</b>                 | 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*  |
|  | <b>Synergy</b>                    | 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)*   |
|  | <b>Turbo Kick</b>                 | 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!   |
|  | <b>Yoga for Flexibility</b>       | 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 one 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.   |
|  | <b>Gentle Yoga</b>                | Gentle Yoga is a type of yoga where postures are held for more than 3 breathes to create a deep yummy stretch. Most of this class is seated, prone, or supine on the mat. This gentle practice is for all levels.  |
|  | <b>Dynamic Power Yoga</b>         | This unique class blends fluidity of Vinyasa Yoga, dynamic movement within yoga poses (asanas), creative sequencing + transitioning and cardio bursts.   |

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