

GROUP FITNESS CLASSES

BODY PUMP

Get ready to raise the bar in this high energy, total body strengthening barbell workout. You'll burn calories, strengthen your core, and develop lean, athletic muscle.

POWER YOGA

A Vigorous workout focusing on strength & Flexibility. It works on balancing, holding and moving through a series of poses that creates better performances in sports, a stronger body and a more focused mind. Uses your own body weight and sometimes bands.

ZUMBA

Zumba is a high-intensity, interval style cardio dance class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. The class gets people moving, laughing, and grooving with each other like no other group class! This heart-pumping, body-energizing class fuses juicy Latin-flavored dance moves with a little international zest to get you working out and lovin' it!

ZUMBA TONING

This class teaches you how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

BODY ATTACK

BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS instructor will pump out energizing tunes and lead you through the workout - challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

TRAINING AND CONDITIONING (T & C)

This class is a total body class featuring a variety of movements. The class is a higher impact class but all movements can be modified to each individual person. A good "all-around" class! ["T&C 30" is a more advanced 30 min. class]

YOGA

Holding Positions with a gentle approach. Teaches proper breathing techniques, strengthens core muscles, increase overall flexibility and cultivate strength and beauty from the inside out.

TOTAL BODY TONING (TBT)

This class will give you a total body workout with zero-low impact. Get a total body conditioning using bands, light weights, and body movements. Great for all levels of fitness.

BODY COMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 700 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

CYCLING

Indoor cycling class on stationary bikes. The instructor leads you through interval workouts involving hills, sprints, climbs and lifts. You adjust the resistance on the bike to make your workouts harder or lighter. Great for all fitness levels.

POP PILATES

POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you've never seen before.

SHAPE UP!

This class is a total body class featuring a variety of movements. The movements are similar to those in "training & conditioning" but without the impact. A good class sure to give you a great total body workout.

GROUP X STUDIO

GROUP EXERCISE CLASSES SCHEDULE

Harrisonburg & Bridgewater



FREE
with
membership!

VIEW OUR MOBILE WEBSITE
for Class Schedule:
WWW.TOTALBODYPLACE.COM

NON-MEMBERS TRY ANY GROUP
FITNESS CLASS FOR \$8!

*FitZone members must reserve your spot in
class at the front desk or at*

WWW.TOTALBODYPLACE.COM

GroupX Schedule - Harrisonburg

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		5:30am T&C 30 Frank	T&C Frank			8:10am Shape Up! Frank
9:30am	LES MILLS BODYPUMP Morgan		LES MILLS BODYCOMBAT Stephanie		LES MILLS BODYPUMP Morgan	9:10am Cycle Frank
3:30pm		senior yoga Stephanie				10:00am ZUMBA FITNESS
12pm (45 min)	LUNCH CRUNCH BOOTCAMP Frank			LUNCH CRUNCH BOOTCAMP Morgan		
4:30pm				LES MILLS BODYPUMP Carson		
5:30pm	ZUMBA FITNESS Melissa	LES MILLS BODYCOMBAT Sarah	POWER Yoga Karen	T&C Frank	POWER Yoga Karen	
6:30pm	LES MILLS BODYPUMP Carson	ZUMBA FITNESS Melissa	LES MILLS BODYPUMP Beth	Shape Up! Frank	ZUMBA toning Morgan	

EFFECTIVE August 1, 2018

Bridgewater →

GROUP X
STUDIO

GROUP EXERCISE CLASSES

www.totalbodyplace.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30pm		LES MILLS BODYPUMP Lucy		
5:30pm	Cycle Frank		Shape Up! Frank	LES MILLS BODYPUMP Lucy
6:30pm	LesMills BODYATTACK 45 Minutes Beth	TBT Frank	ZUMBA FITNESS Amanda	