

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE JANUARY 5, 2026 - MEMORIAL DAY



MONDAY

- A 6:00 - 7:00 am
High Fitness
- A 7:15 - 8:00am
Muscle Up Express -
Upper Body
- A 8:20 - 9:20am
Pilates Power Hour
- D 8:20 - 9:20am
Zumba Toning
- G 9:00 - 10:00am
Total Body
Conditioning
- C 9:00 - 10:00am
Cycle
- A 9:30 - 10:30am
Surge Strength
- D 9:30 - 10:30am
Upbeat Barre
- A 10:40 - 11:40 am
Harmony Within
- D 10:45 - 11:30am
Senior Fitness
Cardio + Strength
- D 11:45am - 12:45pm
Chair Yoga
- A 12:00 - 1:00pm
Qigong
- A 5:20 - 6:20pm
Muscle Up
- A **6:30 - 7:30pm**
Mat Pilates
- A 7:40 - 8:40pm
Yoga & Meditation

TUESDAY

- A 5:15 - 6:15am
Muscle Up
- G 6:00 - 7:00am
Total Body Conditioning
- A 8:20 - 9:20am
Muscle Up
- D 8:20 - 9:20am
Yoga
- G 9:00 - 10:00am
TRX
- A 9:30 - 10:30am
High Fitness
- D 9:45 - 10:30am
Silver Sneakers Classic
- A 10:40 - 11:40am
Step It Strength
- D 10:45 - 11:30am
Silver Sneakers Cardio
- D 11:45am - 12:45pm
Senior Fitness
60-min Cardio + Mobility
- D **1:00 - 2:00 pm**
Chair Yoga
- A 5:20 - 6:20pm
WERQ
- F **6:00 - 7:00pm**
Total Body Conditioning
- A 6:30 - 7:30pm
Surge Strength
- A 7:40 - 8:40pm
Power Down Yoga

WEDNESDAY

- A 6:00 - 7:00am
HIGH Fitness
- A 7:15 - 8:00am
Muscle Up Express -
Lower Body
- A 8:20 - 9:20am
Mat Pilates
- D 8:20 - 9:20am
Zumba
- G 9:00 - 10:00am
Total Body Conditioning
- C 9:00 - 10:00am
Cycle
- A 9:30 - 10:30am
Surge Strength
- D 9:30 - 10:30am
Barre
- A **10:40 - 11:40am**
High Fitness
- D 10:45 - 11:30am
Senior Fitness
Cardio + Mobility
- A 12:00 - 1:00 pm
Qigong
- D 12:00 - 1:00pm
Chair Yoga
- A 5:20 - 6:20pm
Muscle Up
- F 6:00 - 7:00pm
Total Body Conditioning
- A 6:30 - 7:30pm
Line Dancing
- A 7:40 - 8:40pm
Yoga & Meditation

THURSDAY

- A 5:15 - 6:15am
Muscle Up
- C 6:00 - 7:00 am
Cycle
- D 6:00 - 7:00am
Tone and Sculpt
- A 8:20 - 9:20am
Muscle Up
- D 8:20 - 9:20am
Yoga
- G 9:00 - 10:00am
TRX
- A 9:30 - 10:30am
HIGH Fitness
- D 9:45 - 10:30am
Silver Sneakers Classic
- G **10:15 - 11:15 am**
Total Body Conditioning
- A 10:40 - 11:40am
Mat Pilates
- D 10:45 - 11:30am
Silver Sneakers Cardio
- D 11:45am - 12:45pm
Senior Fitness
60-min Cardio + Mobility
- D **1:00 - 2:00**
Chair Yoga
- A 5:20 - 6:20pm
POP Pilates
- A 6:30 - 7:30pm
Surge Strength + High Low
- D **6:30 - 7:30**
Hip Hop Dance
- A 7:40 - 8:40pm
Power Down Yoga

FRIDAY

- A 7:15 - 8:00am
Muscle Up Express -
Core
- A 8:20 - 9:20am
Surge Strength
- D 8:20 - 9:20am
Sculpt & Reform
- G 9:00 - 10:00am
Total Body Conditioning
- C 9:00 - 10:00am
Cycle
- A 9:30 - 10:30am
Pilates on the Ball
- D 9:30 - 10:30am
High Fitness
- A **10:40 - 11:40am**
Barre
- D 10:45 - 11:30am
Zumba Gold
- A 12:00 - 1:00pm
FriYAY Yoga Flow
- D 1:00 - 2:00pm
Chair Yoga

SATURDAY

- A **7:00 - 8:00 am**
Surge Strength
- G **7:00 - 8:00am**
HIGH Fitness
- D Yoga--Awaken
Connection
- C 7:00 - 8:00 am
Cycle
- A 8:15 - 9:15am
Muscle Up
- A 8:15 - 9:15am
Yoga
- A 9:30 - 10:30am
Dance Fitness
- D 9:30 - 10:30am
High Fitness
- A 10:40 - 11:40am
Surge Strength
- D 10:40am - 11:40am
The Dance Class by
Dirtylicious

SUNDAY

- A 12:15 - 1:15pm
Surge Strength
- A 1:30 - 2:30pm
Power + Restore
Yoga
- A 2:45 - 3:45pm
YOGA REVIVE

Location Legend

- A **AEROBICS ROOM**
- C **CYCLE**
- D **DANCE ROOM**
- G **GYM**
- F **FUNCTIONAL TRAINING ROOM**

Registration required for all
classes. Scan QR code with your
phone to Register, or visit
chrcgroupfitness.as.me



BARRE/UPBEAT BARRE: A workout that blends elements from different exercise styles including ballet, Pilates, and yoga. You will build alignment, strengthen your core, and tone and elongate muscles.

CHAIR YOGA: Modified from traditional yoga with postures performed while seated or using a chair for support. Chair yoga is specifically designed for individuals with limited mobility, balance issues, or those who find it difficult to go to the floor. Benefits of chair yoga include improved flexibility, strength, balance, and stress reduction.

CYCLE: A blood pumping workout for all abilities. Each cycle instructor creates their class with varying types of rides, terrain, and formats to constantly challenge your body and mind.

DANCE FITNESS: Get your heart rate up while dancing! You'll experience an aerobic workout while dancing to many different styles of dance and music, all taught in an easy-to-learn format.

DIRTYLICIOUS: A beginner dance fitness class in a fun environment, where you can find your community and feel confident. Each class, participants will learn a choreographed dance broken down into eight counts of music at a time. Your instructor will give you all the tools and terms for success so that by the end of class, you'll feel ready to come back for more!

HARMONY WITHIN: A class designed to induce relaxation through guided meditation and sound bath. *Dress warm & bring a blanket

HIGH FITNESS: This class combines HIIT and plyometrics with music you know and love. Follow along to simple cardio & full body toning moves that can be modified for any fitness level. HIGH Low is High Fitness emphasizes different levels of intensity and takes away some of the high impact moves.

HIP HOP DANCE: A beginner level dance class that focuses on the basics of Hip Hop style dance. Participants learn basic Hip Hop moves and then combine them in a fun Hip Hop routine.

LINE DANCING: Learn and follow a choreographed pattern of steps to pop, rock and country music. You'll have so much fun you won't even realize you're getting fitter! *Wear appropriate footwear (no cowboy boots, bare feet, flip-flops or sandals).

MUSCLE UP: A strength training workout that uses dumbbells, bands, balls, and other equipment to increase muscle strength and endurance, all in a fun group fitness setting.

MUSCLE UP - EXPRESS CORE/UPPER BODY/LOWER BODY: A 45-minute class designed to stabilize and strengthen targeted muscle groups. Each class on the schedule has a different focus, designated in the class title.

PILATES / PILATES POWER HOUR / PILATES ON THE BALL: Pilates exercises using different equipment such as yoga balls, resistance bands, rings, and hand weights. **Pilates on the ball uses the yoga ball for added balance/core work and low impact cardio.

POP PILATES: Experience a mix of modern and classical Pilates exercises set to a heart-pumping playlist. Strength meets flexibility with focused movements that leave your entire body toned.

POWER DOWN YOGA: Recommended for all abilities, Power Down Yoga includes a flow of poses intended to gradually bring you to a state of relaxation and prepare you for sleep.

QIGONG: (Pronounced "chee-gung") is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

For instructions on how to register for class, cancel, and check-in, please scan the QR code or visit our website page:



CHparksandrecut.gov/group-fitness-classes

RIPPED: A high intensity interval class that packs a powerful punch. Dynamic bursts of intense exercise are interspersed with periods of recovery.

STONE & REFORM: A Pilates based toning class, meant to define and elongate muscles. Equipment used will vary from class to class, but may include light weights, Pilates rings or balls, elastic tubing, and more.

SENIOR FITNESS CLASSES: Low impact class in a safe environment for senior adults. Each class on the schedule will have a slightly different focus, which is designated in the class title.

SILVER SNEAKERS CARDIO FIT: Bring heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.

SILVER SNEAKERS CLASSIC: Focus on strengthening muscles and increasing range of movement, balance and coordination. Equipment including hand-held weights, resistance bands, and Silver Sneakers ball will be used. Chairs are available for additional support.

STEP IT STRENGTH: Fun routines on a step platform alternate with high-rep strength training moves. This is a full body workout with amazing strength training intervals.

SURGE STRENGTH: A high-rep, targeted, weight training workout - set to music you know and love! This class utilizes muscle-focused strength training tracks along dumbbells to strengthen, shape and tone every muscle in your body. Surge Strength will leave you feeling happy and strong!

STONE AND SCULPT: a high-repetition, full-body workout using weights, balls, bands, and body weight. Class will focus on building muscular endurance and long, lean musculature. Each instructor will bring a fun and different style to the format.

TOTAL BODY CONDITIONING: This class uses a variety of equipment and programming techniques to strengthen muscles and improve cardio performance for a total body workout.

TRX: (Total Body Resistance Exercise) A workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Class may include types of plyometric, cardiorespiratory, strength, balance, and coordination training.

WERQ: A wildly addictive cardio dance workout based on pop and hip hop music. Join our judgment-free dance space with good vibes and a great sweat.

YOGA/ YOGA & MEDITATION: Our yoga classes are intended as mixed-level classes for students of all abilities. Yoga is intended to increase physical, mental, and spiritual well-being. Try different asanas (postures) in each class. Our yoga and meditation class will consist of approximately 30 minutes of yoga, followed by some combination of breathwork, meditation, and sound therapy.

ZUMBA / ZUMBA TONING / ZUMBA GOLD: Dance to Latin, pop and world rhythms. **Toning class incorporates light shaker weights to enhance rhythm and tone arms, abs, glutes, and thighs. **Gold is ideal for beginners, those just returning to working out and active adults with a slower pace and lower intensity that is easy to follow!

CLASS RATES:	PER CLASS	10 PASS	20 PASS
PREMIUM MEMBER ADULT	\$8	\$63	\$126
PREMIUM MEMBER SENIOR (62+)	\$6	\$54	\$108
PREMIUM MEMBER YOUTH (14-17)	\$6	\$54	\$108
NON-MEMBER ADULT	\$9	\$81	\$162
NON-MEMBER SENIOR (62+)	\$7	\$63	\$126
NON-MEMBER YOUTH (14-17)	\$7	\$63	\$126
ULTIMATE MEMBER	INCLUDED		

- Class sizes are limited. Pre-registration is REQUIRED FOR ALL ATTENDEES. Register at chrgroupfitness.as.me or download the ACUITY app for your phone and search for chrgroupfitness.as.me
- Wristbands are required to attend classes and can be obtained at the administrative desks
- Classes are for individuals 14 years and older.
- Questions? Email Liz@chparksandrecut.com