



GROUP FITNESS SCHEDULE

EFFECTIVE 12.30.2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-5:55am Synergy 360 Clarissa		5:15-5:55am Synergy 360 Clarissa		
6:00-6:45am Carnival RIDE Studio B Monique	6:00-6:45am JUST LIFT:45 Studio A Monique	6:00-6:45am Happy Hour Studio A Monique	6:00-6:45am JUST LIFT:45 Studio A Monique	6:00-6:45am Carnival RIDE Studio B Monique	
8:00-8:30am HIIT:30 Studio A Sarah	7:30-8:30am Gentle Yoga Studio B Terri		7:30-8:30am Gentle Yoga Studio B Terri		8:00-8:45am RIDE:45 Studio B Tiffany
8:35-9:35am Dynamic Power Yoga Studio A Grace	8:15-9:05am BURN Studio A Sarah		8:15-9:05am BURN Studio A Tiffany	8:35-9:35am Dynamic Power Yoga Studio A Grace	9:00- 9:30am HIIT Pilates Studio B Olga
8:35-9:20am RIDE:45 Studio B Anna		8:35-9:20am RIDE:45 Studio B Tiffany		8:35-9:05am RIDE:30 Studio B Tiffany	9:00-9:50am Happy Hour Studio A Monique
9:00-9:40am Synergy 360 Studio A Cindy	9:00-9:30am RIDE:30 Studio B Anna	8:45-9:30am FIRE Studio A Rachel	9:00-9:30am RIDE:30 Studio B Anna	9:05-9:35am Guts & Guns Studio B Tiffany	9:40-10:30am Mat Pilates Studio B Olga
9:45-10:35am JUST LIFT Studio A Cindy	9:30-10:00am Circuit:30 Studio B Anna	9:45-10:35am JUST LIFT Studio A Heather H.	9:30-10:00am Circuit:30 Studio B Anna	9:45-10:30am JUST LIFT Studio A Heather H.	
		11:45-12:35pm Boxing Synergy 360 Kyle H.			
	5:00-5:30pm Guts & Butts Studio A Heather		5:00-5:30pm Guts & Butts Studio A Heather		
5:30-5:50pm Guts & Butts Studio A Clarissa	5:35-6:25pm Dynamite Studio A Heather	5:30-5:50pm Guts & Butts Studio A Clarissa	5:35-6:25pm Dynamite Studio A Heather		
6:00-6:50pm JUST LIFT Studio A Clarissa	6:00-7:00pm Flexibility/Animal Flow Studio B DJ				
6:00-6:45pm RIDE:45 Studio B Terri	6:30-7:00pm PhysiQ Studio A Heather	6:00-6:45pm RIDE:45 Studio B Clarissa	6:30-7:00pm PhysiQ Studio A Heather		

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

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.

GROUP FITNESS CLASS DESCRIPTIONS

	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*
	BURN/ Happy Hour	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.
	Circuit:30	30 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.
	FIRE	Bring out the FIRE within from this body weight Interval Training class! Come prepared to sweat, be challenged, and grow. This class is full of plyometric movements, strength, and conditioning your entire body. Available in either 30 or 50-minute classes.
	Guts & Butts	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.
	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/ Carnival Ride	A cardio workout on a stationary bike based on cycling principles. Instructors all bring an awesome workout and each bring unique energy and play lists to this awesome cardio class. Try them all! *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)*
	Flexibility/ Animal Flow	Yoga for Flexibility is centered around proper alignment, fun, slower flows, freedom of posture exploration, and a focus on breath to movement combination. We've added some elements of Animal Flow and Functional Movement to make easier movements that we use in everyday life. This class is meant to make the practice of yoga & stretching available to all, no previous experience needed. Come as you are.
	Gentle Yoga	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.
	Dynamic Power Yoga	This unique class blends fluidity of Vinyasa Yoga, dynamic movement within yoga poses (asanas), creative sequencing + transitioning and cardio bursts.
	Guts & Guns	A high intensity circuit workout targeting upper body and abdominal exercises. This workout alternates between quick bursts of cardio and isolation movements to encourage lean muscle mass and six pack abs. It pairs wonderfully with Ride 30 for a full body workout.

-  YOGA/STRETCH/PILATES
-  STRENGTH AND CONDITIONING
-  RIDE/CYCLING

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