



GROUP FITNESS SCHEDULE

EFFECTIVE 08.17.2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> 5:10-5:55am Tabata (UB) Monique Studio A</p> <p> 6:00-6:45am Carnival RIDE Monique Studio B</p> <p> 8:30-9:15am RIDE:45 Anna Studio B</p> <p> 8:45-9:30am Cardio Kickboxing Sharon Studio A</p> <p> 9:45-10:35am JUST LIFT Sharon Studio A</p> <p> 5:25-5:55pm RIDE:30 Clarissa Studio B</p> <p> 6:00-6:30pm SCULPT:30 Clarissa Studio B</p>	<p> 5:15-5:55am Synergy Clarissa Synergy 360</p> <p> 6:00-6:45am Just Lift (LB) Monique Studio A</p> <p> 7:30-8:30am Gentle Yoga Terri Studio B</p> <p> 8:10-8:55am BURN Anna Studio A</p> <p> 9:00-9:30am RIDE:30 Anna Studio B</p> <p> 9:00-10:00am Power Yoga Heidi Studio A</p> <p> 5:00-5:30pm Guts & Butts Heather Studio A</p> <p> 5:35-6:25pm Dynamite Heather Studio A</p> <p> 6:30-7:00pm PhysiQ Heather Studio A</p>	<p> 5:10-5:55am Carnival RIDE Monique Studio B</p> <p> 6:00-6:45am Happy Hour Monique Studio A</p> <p> 8:30-9:15am RIDE:45 Tiffany Studio B</p> <p> 8:45-9:30am Basic Step Sharon Studio A</p> <p> 9:45-10:35am JUST LIFT Sharon Studio A</p> <p> 5:25-5:55pm RIDE:30 Clarissa Studio B</p> <p> 6:00-6:30pm SCULPT:30 Clarissa Studio B</p>	<p> 5:15-5:55am Synergy Clarissa Synergy 360</p> <p> 6:00-6:45am Just Lift (UB) Monique Studio A</p> <p> 7:30-8:30am Gentle Yoga Terri Studio B</p> <p> 8:10-8:55am BURN Tiffany Studio A</p> <p> 9:00-9:30am RIDE:30 Tiffany Studio B</p> <p> 9:00-10:00am Power Yoga Nicci Studio A</p> <p> 5:00-5:30pm Guts & Butts Heather Studio A</p> <p> 5:35-6:25pm Dynamite Heather Studio A</p> <p> 6:30-7:00pm PhysiQ Heather Studio A</p>	<p> 5:10-5:55am Tabata (LB) Monique Studio A</p> <p> 6:00-6:45am Carnival RIDE Monique Studio B</p> <p> 8:30-9:00am RIDE:30 Anna Studio B</p> <p> 9:00-9:30am Circuit:30 Anna Studio B</p> <p> 9:45-10:35am JUST LIFT Heather H. Studio A</p>	<p> 8:00-8:45am RIDE:45 Tiffany Studio B</p> <p> 9:00-9:50am Happy Hour Monique Studio A</p> <p> 9:00-10:00am Flexibility/Animal Flow DJ Studio A</p>

YOGA/STRETCH/PILATES

STRENGTH AND CONDITIONING

RIDE/CYCLING

*LB - LOWER BODY

*UB - UPPER BODY

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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

	Basic Step	Learn the basics while gaining muscle and cardio strength without weights.
	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.
	Cardio Kickboxing	Cardio Kickboxing is a high energy workout for anyone interested in improving their fitness & stamina. It will get beginners into shape, and challenge advanced athletes.
	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.
	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.
	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.
	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.
	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!
	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.
	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*
	Power Yoga	A powerful and energetic Vinyasa class. Breath is connected to movement while building strength, encouraging flexibility, and challenging balance.
	SCULPT	Fat burning, toning, and tightening of the muscles with a cardio finisher to keep your heart and lungs in good condition.
	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)*
	Tabata	Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises, each performed for 20 seconds interspersed with a brief rest of 10 seconds.

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

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