











GROUP FITNESS SCHEDULE






EFFECTIVE 02.01.2023




MONDAY

	6:00 - 6:25am Studio A	HIIT Cardio Monique
	6:30 - 7:00am Studio A	Just Lift:30 Monique
	8:10 - 8:55am Studio A	BURN Anna
	9:05 - 9:35am Studio B	Ride:30 Anna
	9:05 - 9:50am Studio A	Just Lift Marcia
	10:00 - 11:00am Studio A	Power Yoga Heidi






	5:25 - 5:55pm Studio B	Ride:30 Aimee
	6:00 - 6:30pm Studio A	SCULPT:30 Aimee



TUESDAY

	6:00 - 6:45am Studio B	Ride:45 Monique,
	8:10 - 8:55am Studio A	Cardio Kickboxing Sharon
	8:20 - 8:55am Studio B	Ride:30 Tiffany
	9:05 - 9:50am Studio A	Guts & Guns Tiffany
	10:00 - 11:00am Studio A	Dance Cardio Marcia





	5:30 - 6:20pm Studio A	Dynamite Heather P.
	6:00 - 7:00pm Studio B	Yoga Flexibility Flow DJ
	6:30 - 7:00pm Studio A	PhysiQ Heather P.



WEDNESDAY

	6:00 - 7:00am Studio A	Happy Hour Monique
	8:00 - 9:00am Studio A	Power Yoga Heidi
	8:20 - 9:10am Studio B	Cycle & Strength Danner
	9:05 - 9:55am Studio A	Bodyweight Blast Lindsay
	10:00 - 11:00am Studio A	Swerk Lindsay







	5:25 - 5:55pm Studio B	Ride:30 Aimee
	6:00 - 6:30pm Studio A	SCULPT:30 Aimee

THURSDAY




	8:10 - 8:55am Studio A	Cardio Kickboxing Sharon
	8:20 - 8:55am, Studio B	Ride:30 Tiffany
	9:05 - 9:50am Studio A	Guts & Butts Tiffany
	10:00 - 11:00am Studio A	Dance Cardio Marcia

	5:30 - 6:20pm Studio A	Dynamite Heather P.
	6:30 - 7:00pm Studio A	PhysiQ Heather P.

FRIDAY

	6:00 - 6:25am Studio A	HIIT Cardio Monique
	6:30 - 7:00am Studio A	Just Lift:30 Monique
	8:10 - 8:55am Studio A	HIIT:45 Amelia
	8:20 - 9:10am Studio B	Cycle & Strength Tiffany
	9:05 - 9:50am, Studio A	JUST LIFT Marcia
	10:00 - 11:00am, Studio A	Stretch & Stability Marcia

SATURDAY

	8:00 - 8:45am Studio B	Ride:45 Tiffany
	9:00 - 10:00am Studio A	Happy Hour Monique
	10:10 - 11:10am Studio A	Dance Cardio Marcia

	YOGA/STRETCH/PILATES		STRENGTH AND CONDITIONING
	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

	Swerk	Sweat. Work. Twerk- The world's best hip-hop cardio fitness workout. Our booty poppin, glute focused dance moves will change your routine for fitness!
	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.
	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.
	Circuit BURN	a full body high intensity low equipment workout. This class is structured with short bursts of cardio intervals paired with strength training. Fast movements of strength and cardiovascular activities laid out in the form of a circuit.
	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.
	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.
	Bodyweight BLAST	Improve your physique, build more strength, burn those muscles and have a BLAST in this Bodyweight Only Burner of a class. Get ready for some creative moves that are sure to get you even more FIT and FIERCE! All you need is YOU!

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

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