

# GROUP FITNESS CLASS SCHEDULE

SEPTEMBER 8, 2026 - DECEMBER 31, 2026

## MONDAY

- A** 7:15 - 8:00am  
Muscle Up Express  
Total Body
- A** 8:20 - 9:20am  
Mat Pilates
- 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  
Barre
- A** 10:40 - 11:40 am  
Harmony Within  
Guided Meditation
- D** 10:45 - 11:30am  
Senior Fitness  
Cardio + Strength
- D** 11:45am - 12:45pm  
Chair Yoga
- A** **12:00 - 1:00pm**  
**Qi Gong**
- A** 5:20 - 6:20pm  
Muscle Up
- A** 6:30 - 7:30pm  
Mat Pilates
- D** **6:30 - 7:30pm**  
**HIGH Fitness**
- A** **7:40 - 8:40pm**  
**Yoga Power Down**

## TUESDAY

- A** **5:15 - 6:15am**  
**Muscle Up**  
**\*Sept. Only**
- 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  
Mat Pilates
- D** 10:45 - 11:30am  
Silver Sneakers  
Cardio
- D** 11:45am - 12:45pm  
Senior Fitness  
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  
Yoga Power Down

## WEDNESDAY

- A** 7:15 - 8:00am  
Muscle Up Express  
Total 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 - 1:00pm**  
**Qi Gong**
- 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
- D** **6:30 - 7:30pm**  
**HIGH Fitness**
- A** 7:40 - 8:40pm  
Yoga Power Down

## THURSDAY

- 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  
Mat Pilates
- D** 10:45 - 11:30am  
Silver Sneakers  
Cardio
- D** 11:45am - 12:45pm  
Senior Fitness  
Cardio + Mobility
- D** **1:00 - 2:00**  
**Chair Yoga**
- A** 5:20 - 6:20pm  
POP Pilates
- A** **6:30 - 7:30pm**  
**Surge Fit**
- A** 7:40 - 8:40pm  
Yoga Power Down

## FRIDAY

- A** 7:15 - 8:00am  
Muscle Up Express  
Core
- A** 8:20 - 9:20am  
Surge Strength
- D** 8:20 - 9:20am  
Tone & Reform
- G** 9:00 - 10:00am  
Total Body  
Conditioning
- C** 9:00 - 10:00am  
Cycle
- A** 9:30 - 10:30am  
Mat Pilates
- 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  
Yoga
- D** 1:00 - 2:00pm  
Chair Yoga

## SATURDAY

- A** 7:00 - 8:00 am  
Surge Strength
- D** 7:00 - 8:00am  
HIGH Fitness
- C** **7:15 - 8:15am**  
**Cycle**  
**\*Begins 10/3**
- A** 8:15 - 9:15am  
Muscle Up
- D** 8:30 - 9:30am  
Yoga
- A** 9:30 - 10:30am  
Dance Fitness
- A** 10:40 - 11:40am  
Surge Strength

## SUNDAY

- A** 12:15 - 1:15pm  
Surge Strength
- A** 1:30 - 2:30pm  
Yoga Power +  
Restore

### Location Legend

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

Registration required for all classes.  
Scan QR code to register or visit:  
[chrcgroupfitness.as.me](http://chrcgroupfitness.as.me)



# GROUP FITNESS CLASS DESCRIPTIONS

**BARRE:** A full-body workout that fuses the grace of ballet, the precision of Pilates, and the mindfulness of yoga. Elevate your posture, ignite your core, and sculpt strong, lean muscles in your arms, legs, and glutes.

**CHAIR YOGA:** Gentle yoga using a chair for seated poses and standing support. It provides the benefits of traditional yoga - improved flexibility, strength, balance, and relaxation. Chair Yoga is designed for individuals with limited mobility or who find it challenging to go to the floor.

**CYCLE:** A blood-pumping, high-energy, musically driven, low-impact cardiovascular workout set to powerful music - suitable for all fitness levels. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**DANCE FITNESS:** Get your heart pumping and your body moving. This class blends the energy and artistry of dance with an exhilarating, effective cardio workout. Experience a variety of dance styles and music, taught through easy-to-follow choreography.

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

**HIGH FITNESS:** Combining HIIT, plyometrics, full-body toning, and easy-to-follow choreography with music you know and love, HIGH Fitness is a total-body, zero-equipment workout designed to be fun, addictive, and adaptable for all fitness levels.

**LINE DANCING:** Learn fun, easy-to-follow line dances set to favorite pop, rock, and country hits. Build coordination, balance, and fitness, moving to the music and having a great time.

**MUSCLE UP/MUSCLE UP - EXPRESS:** Build strength, power, and endurance with a full-body workout using dumbbells, bands, stability balls, and other equipment. Push your limits, challenge your muscles, and leave stronger than you came in!

**MAT PILATES:** A high-energy, low-impact mat class using controlled movements to build strength, stability, flexibility, and better posture. Focus on the core, glutes, hips, and back while toning deep stabilizing muscles.

**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.

**SENIOR FITNESS CLASSES:** Low-impact classes in a safe environment for senior adults. Each class on the schedule has a slightly different focus, as indicated by the class title.

## PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

- Register at [chrcgroupfitness.as.me](http://chrcgroupfitness.as.me)
- Wristbands are required for all classes. Please pick up class wristbands from the appropriate administrative desk.
- Must be 14 years or older to attend a Group Fitness Class

### Please email questions to:

Chrisanthi Hatzantonis, Group Fitness Coordinator  
[groupfitness@chparksandrecut.com](mailto:groupfitness@chparksandrecut.com)

**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 includes hand-held weights, resistance bands, and a Silver Sneakers ball will be used. Chairs are available for additional support.

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

**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.

**TOTAL BODY CONDITIONING:** This dynamic full-body workout combines strength, functional movement, core training, and HIIT to challenge every muscle and build serious endurance. Equipment and programming vary, strengthening muscles and improving cardio performance.

**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 plyometrics, cardiorespiratory, strength, balance, and coordination training.

**WERQ:** A wildly addictive, sweat-inducing cardio dance workout class set to chart-topping pop and hip-hop hits. Bring your energy, leave your inhibitions at the door, and move in a judgment-free space where all levels are welcome. Experience great music & big vibes!

**YOGA/YOGA & MEDITATION:** Our yoga classes are intended as mixed-level classes for students of all abilities. Yoga increases 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 a combination of breathwork, meditation, and sound therapy.

**POWER DOWN YOGA:** Power Down Yoga features a flow of poses designed to gradually bring you into a state of relaxation and prepare you for sleep, and is recommended for all abilities.

**ZUMBA / ZUMBA TONING / ZUMBA GOLD:** Dance, sweat, and have fun to infectious Latin, pop, and world rhythms! **Zumba Toning** adds light shaker weights to boost the beat while sculpting arms, abs, glutes, and thighs. **Zumba Gold** keeps the party moving at a slower pace and lower intensity - perfect for beginners, active adults, or anyone getting back into fitness.

| CLASS RATES:                                                                                   | PER CLASS | 10 PASS | 20 PASS |
|------------------------------------------------------------------------------------------------|-----------|---------|---------|
| ULTIMATE MEMBER INCLUDED                                                                       |           |         |         |
| 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   |
| *All premium members receive a \$1 discount on the daily admission prices for fitness classes. |           |         |         |