

## Fitness Classes & Small Group Training

MON	TUES	WED	THUR	FRI	SAT
9:15A-10:15A <b>Spin Fusion</b> w/ Joanne	6:00A-6:45A <b>Morning Pump</b> w/Tracy M	9:00A-9:45A <b>PowerFlex</b> w/Joanne	6:00A-6:45A <b>Morning Pump</b> w/Tracy M	7:00A-7:45A <b>HD Power*</b> w/Andy	8:00A-9:00A <b>Camp</b> w/Picky
12:00P-12:45P <b>AutumnStrong</b> w/Tracy R	12:00P-12:45P <b>Dynamic Flow Yoga</b> w/Mary Beth	12:00P-12:45P <b>HD LunchExpress*</b> w/Denleigh	12:00P-12:45P <b>Yoga or Spin</b> See Schedule	9:45A-10:15A <b>MuscleExpress</b> w/Tracy R	8:30A-9:30A <b>HIIT it Hard</b> w/Tracy M
5:00P-5:25P <b>AutumnCore</b> w/Tracy R	5:00P-6:00P <b>Camp</b> w/Picky	5:00P-5:45P <b>HD Power*</b> w/Andy	5:00P-6:00P <b>Camp</b> w/Picky	10:15A-11:00A <b>Cardio Mix Up</b> w/Tracy R	10:00A-11:00A <b>HD Spartan Training</b> w/Tracy R
5:00P-6:00P <b>Camp</b> w/Picky	5:30P-6:15P <b>Total Body Blast</b> w/Mary	6:00P-7:00P <b>Spin Fusion</b> w/ Meg	5:30P-6:30P <b>Old School Power</b> w/ Mary D.	12:00P-12:45P <b>HD LunchExpress*</b> w/Tracy R	
5:30P-6:15P <b>HD Power*</b> w/Tracy R	5:45P-6:45P <b>HD Warrior Boxing Boxing &amp; Fitness*</b> w. Janine & Jonathan		10:00A-11:00A <b>HD Spartan Training</b> w/Tracy R		

## Water Fitness

MON	TUES	WED	THUR	FRI	SAT
10:30A-11:15A <b>Aqua Jam</b> w/Picky	10:30A-11:15A <b>H2O Suspension</b> w/Picky	9:30A-10:30A <b>Boot Camp H2O</b> w/Picky	10:30A-11:15A <b>Aqua Stretch and TONE</b> w/Picky	10:30A-11:15A <b>Aqua Jam</b> w/Picky	9:00A-10:00A <b>Aqua Jam</b> w/ Picky
11:15A-12:00P <b>Boot Camp H2O</b> w//Picky	6:00P-7:00P <b>Aqua Jam</b> w/Picky	10:30A-11:15A <b>Aqua Jam</b> w/Picky	6:00P-7:00P <b>Boot Camp H2O</b> w/ Picky	11:15A-12:00P <b>Boot Camp H2O</b> w/Picky	

## Yoga • Pilates • Barre

MON	TUES	WED	THUR	FRI	SAT
	9:00A-9:45A <b>Pilates</b> w/Carol			9:00A-9:45A <b>Total Core Pilates</b> w/ Carol	10:00A-11:00A <b>Yoga</b> w/Lilly/Jeanine S
	9:30A-10:00A <b>Little Yogi's</b> Ages 2-5 w/Denleigh				
	9:15A-10:00A <b>Barre Fusion</b> w/Mikayla				
6:30P-07:30P <b>Yoga</b> w/ MaryBeth	12:00P-12:45P <b>Dynamic Flow Yoga</b> w/Mary Beth	7:00P-8:00P <b>Yoga</b> w/Robyn	6:30P-7:30P <b>Yoga</b> w/ Denleigh		

## Spinning

MON	TUES	WED	THUR	FRI	SAT
5:45A-6:30A <b>AutumnSpin</b> w/Meg	5:15P-6:00P <b>AutumnSpin</b> w/Denleigh	5:45A-6:30A <b>AutumnSpin</b> w/Dianne	9:15A-10:00A <b>AutumnSpin</b> w/Andy	5:45A-6:30A <b>AutumnSpin</b> w/Lisa	9:00A-9:45A <b>AutumnSpin</b> w/ Kait/Tracy R
5:30P-6:30P <b>AutumnSpin</b> w/Meg		10:00A-10:45A <b>AutumnSpin</b> w/Joanne	5:30P-6:15P <b>AutumnSpin</b> w/ Denleigh		
					SUN 9:00A-10:00A <b>AutumnSpin</b> w/Andy

**\*HIGH DEFINITION TRAINING\***  
10 Sessions or Unlimited Sessions per month  
added to your membership!



worcesterfitness.com/group-fitness-classes

## GROUP CLASSES

**AutumnCore:** This awesome express class with terrific core workout in less than 30 minutes. Then move on to Spin or HD Power class held at 5:30pm.

**AutumnStrong:** Raise your heart rate in this fun mashup of cardio, core, strength and flexibility. You'll work hard while having a wicked awesome experience in this class!

**Camp:** Are you ready for camp? The best in motion, music, and motivation in this high energy dynamic class emphasizing functional sport movements. You'll run, jump, crawl, and sweat your way through cones, agility ladders, and other safe and fun challenges, See you at camp!

**CardioMixUp:** Use the various Cardio Machines on the Cardio Floor in a fast paced, hard driving cardio group exercise class. Picture a spin class on an Elliptical Machine or Treadmill. Lots of energetic fun! Attend the SpringCore Class before and receive a true total body cardio experience!

**HIIT it HARD:** A fast paced and fun HIIT program to improve your strength and cardiovascular health. Great music and energy from qualified and skilled group exercise instructors with a strong history of motivating people to achieve amazing health and fitness accomplishments.

**Morning Pump:** Want to get a full body workout in and have fun? Toning AND Cardio?? Then this is the class for you! This class concentrates on longer cardiovascular components interspaced with various weight challenges. Involves upper and/or lower body work during the sculpting portion of the class.

**Muscle Express:** Total Body & Core strength in less than 30 minutes. Combo this class with the CardioMixUp Class that immediately follows. Positive energy, power, strength and flexibility for all abilities. Short, quick, and efficient total body workout with a smile!

**Old School Power:** Sometimes you just need to turn back the clock to a time when people just lifted weights. This is a fun and smart workout that will activate and strengthen your muscles through safe and proper weightlifting techniques. No, you won't get bulky - you'll get strong and ripped! Come lift some weights with us!

**PowerFlex:** High Powered Energy and Fun where you'll sculpt and strengthen your muscles while raising your heart rate in a highly motivating environment. For all abilities, because all you need is a positive attitude and a smile (and water!)

**Spin Fusion:** Let's mash together two dynamic classes into one power hour! This class will combine the high energy or a spin class with core and strength that everyone needs. The first portion of the class will be on spin bikes and the second part will take place in the HD room.

**Spin or Yoga:** It's lunchtime on a Thursday and you're hungry for a workout! You have come to the right place. We will alternate weekly between Dynamic Flow Yoga, and Spin.

**Total Body Blast:** A medley of calorie-blasting aerobic exercises featuring high intensity sports/athletic drills and full body moves. You'll target various muscle groups with dumbbells and focus on proper body alignment and posture. Get strong! Come to Total Body Blast for a head-to-toe strengthening program that's fun!

## WATER FITNESS

**Aqua Jam:** Picture the wicked awesome Worcester Fitness pool filled with 20, 30 or 40 super-positive humans moving to great music led by a motivating instructor. THAT is H2O Fitness at Worcester Fitness!

**Aqua Stretch & Tone:** Come to our awesome pool to lengthen, strengthen and rejuvenate your body in the light to moderate intensity water based class. Move to the music in a super-positive and energized setting.

**Bootcamp H2O:** A mixture of high intensity water aerobics and core strength training utilizing bands, noodles, boards and hand weights designed to increase all fitness levels. High energy, positive people and motivating music.

**H2O Suspension:** A challenging workout in the pool, suspended by fun and flexible noodles. Move, strengthen, flex, and smile your way through this unique water class in the awesome pool!

## SPINNING

**AutumnSpin:** Surround yourself with positive people in an insanely awesome indoor cycling arena with 23 bikes, amazing sound system and mood setting lighting. Come Spin with Us!

## YOGA • PILATES • BARRE

**Barre:** BARRE is an athletic workout specifically designed to strengthen and lengthen the body. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises.

**Dynamic Flow Yoga:** Fast Paced Strengthening Class linking breath and movement for a dynamic flow. Igniting your life force with linked poses, core work, balance poses and energized movements.

**Pilates:** Pilates educates, realigns, re-patterns and balances your body. It increases muscle strength while promoting coordination, stamina and flexibility.

**Yoga:** Highly skilled and passionate yoga instructors lead members of all ages and experience levels through series of poses and movements designed to make you feel better than you did when you walked into the room.

## HD TRAINING CLASSES

**HD Warrior Boxing & Fitness:** Train like a professional boxer in this high speed, high energy class. You'll improve your speed, agility, quickness and power through the use of footwork drills, jump-ropes, and punching, YOU ARE AN ATHLETE!

**HD LunchExpress:** This HD Class will incorporate high intensity movements, explosive power and super strength. The workout will include strength training, plyometrics, speed and agility work.

**HD Power:** Sweat, Run, Jump, Push, Press, Row and Curl your way to a highly invigorating workout to improve your strength, speed, agility, power, and flexibility. You're an athlete, so train like one!

**HD Spartan Training:** This High Definition Spartan training class is challenging, fun, and for everyone! This warm and welcoming team is open to anyone in the HD Program regardless or whether you sign up for the Spartan and other adventure races. Come try our Spartan Training Program and see why it's one of the most popular teams at Worcester Fitness!