

Fitness Classes & Small Group Training

MON	TUES	WED	THUR	FRI	SAT
9:00A-9:45A PowerFlex w/Joanne	6:00A-6:45A Morning Pump w/Tracy M	9:00A-9:45A PowerFlex w/Joanne	6:00A-6:45A Morning Pump w/Tracy M	7:00A-7:45A HD Power* w/Andy	8:00A-9:00A Camp Dynamic w/Picky
9:30A-10:15A Fun in Fitness w/Picky	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth	12:00P-12:45P HD LunchExpress* w/Denleigh	5:00P-6:00P Camp Dynamic w/Kat	9:45A-10:15A MuscleExpress w/Tracy R	8:30A-9:30A HIIT it Hard w/Tracy M
12:00P-12:45P SpringStrong w/Tracy R	5:00P-6:00P Camp Dynamic w/Kat	5:00P-5:45P HD Power* w/Andy	5:30P-6:30P Old School Power w/ Mary D.	10:15A-11:00A Cardio Mix Up w/Tracy R	10:00A-11:00A HD Spartan Training w/Tracy R
5:00P-5:25P SpringCore w/Tracy R	5:30P-6:15P Total Body Blast w/Mary		6:00P-7:00P HD Kettlebells w/Kait	12:00P-12:45P HD LunchExpress* w/Tracy R	
5:30P-6:15P HD Power* w/Tracy R	6:00P-7:00P HD Boxing for Fitness* w/Tracy R			5:30P-6:30P Friday Night Lights! Ends for the Summer on May 19 th .	SUN 9:00A-10:00A HIIT it Hard w/Lisa
5:30P-6:30P Camp Dynamic w/Kat					

Water Fitness

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

Yoga • Pilates • Barre

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

Spinning

MON	TUES	WED	THUR	FRI	SAT
5:45A-6:30A SpringSpin	5:15P-6:00P SpringSpin w/Denleigh	5:45A-6:30A SpringSpin w/Dianne	9:15A-10:00A SpringSpin w/Andy	5:45A-6:30A SpringSpin w/Lisa	9:00A-9:45A SpringSpin w/ Kait/Tracy R
10:00A-10:45A SpringSpin w/Joanne		10:00A-10:45A SpringSpin w/Joanne	12:00P-12:45P SpringSpin	12:15P-1:00P SpringSpin w/Denleigh	
5:30P-6:30P SpringSpin			5:30P-6:15P SpringSpin w/ Denleigh		SUN 9:00A-10:00A SpringSpin w/Andy

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

FITNESS

WORCESTER

worcesterfitness.com/group-fitness-classes

GROUP CLASSES

Camp Dynamic: A one of a kind exercise environment sparks a motivation and a purpose for each and every participant unlike any other experience. Regardless of any fitness level, Cardio Sport plays an integral role in each participant's overall wellness plan. You're an athlete! Let's train like one!

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!

Friday Night Lights: Every Friday in April and May
Rotating Instructors over 8 weeks.

Fun in Fitness: There is no better way to feel better than to do it in a FUN environment. This class is great for beginners and experienced fitness folks too. There will be great music and energy as you work your way through many functional movements you'll apply to your daily life.

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 o 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!)

SpringCoreBlast: The winter is a great time to develop a stable and strong core! Come experience the most fun and effective ways to blast your core. This express class will give you a terrific core workout in less than 30 minutes!

SpringStrong: 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 winter class!

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

SpringSpin: 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 • BOXING

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 Boxing for 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 Kettle Bells: Swing! Power! Learn the techniques of Kettle Bells and why they are such a great workout when done correctly!

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 Performance: A raucous mashup of cardio, strength, core, speed, agility, & power. You'll never know what to expect in this high speed, fun-filled sports performance training class. Open to everyone!

HD Spartan Training: Join Spartan SGX Certified Trainer Tracy Riley for an 8 week program designed to prepare you for Spartan season in the Spring. This "off-season" class is great for those interested in competing in adventure races in the Spring, or looking for a physical or mental challenge. YOU ARE AN ATHLETE