

Fitness Classes & Small Group Training

MON	TUES	WED	THUR	FRI	SAT
9:30A-10:30A Spin & Core Fusion w/Tracy R	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 w/Picky
12:00P-12:45P SummerStrong w/Tracy R	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth	12:00P-12:45P HD LunchExpress* w/Denleigh	12:00P-12:45P Lunch Buffet! See Schedule	9:45A-10:15A MuscleExpress w/Tracy R	8:30A-9:30A HIIT it Hard w/Tracy M
5:00P-5:25P SummerCore w/Tracy R	5:00P-6:00P Camp w/Picky	5:00P-5:45P HD Power* w/Andy	5:00P-6:00P Camp w/Picky	10:15A-11:00A Cardio Mix Up w/Tracy R	10:00A-11:00A HD Spartan Training w/Tracy R
5:00P-6:00P Camp w/Picky	5:30P-6:15P Total Body Blast w/Mary	5:45P-6:45P Wednesday Warrior Women w/Janine Ends 8/30	5:30P-6:30P Old School Power w/ Mary D.	12:00P-12:45P HD LunchExpress* w/Tracy R	
5:30P-6:15P HD Power* w/Tracy R					
					SUN 9:00A-10:00A HIIT it Hard w/Lisa

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/Jeanine S
	9:30A-10:00A Little Yogi's Ages 2-5 w/Denleigh				
	9:15A-10:00A Barre Fusion w/Mikayla				
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 SummerSpin w/Meg	5:15P-6:00P SummerSpin w/Denleigh	5:45A-6:30A SummerSpin w/Dianne	9:15A-10:00A SummerSpin w/Andy	5:45A-6:30A SummerSpin w/Lisa	9:00A-9:45A SummerSpin w/ Kait/Tracy R
5:30P-6:30P SummerSpin w/Julia		10:00A-10:45A SummerSpin w/Joanne	5:30P-6:15P SummerSpin w/ Denleigh		
					SUN 9:00A-10:00A SummerSpin w/Andy

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



worcesterfitness.com/group-fitness-classes

GROUP CLASSES

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.

Lunch Buffet: It's lunchtime on a Thursday and you're hungry for a workout! You have come to the right place. Class will feature something different each week including yoga, foam rolling, strength or spin class! See mind body descriptions for schedule.

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 & Core 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.

SummerCore: 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.

SummerStrong: 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!

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!

Wednesday Warrior Women: This 8 week special class is for women who want to lift weights, work hard, and raise their heart rates. Strength and power are the foundations for this class designed for women by women. Hey, guys are welcome too but be ready to keep up with the Warrior Women! Runs until 8/30.

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

SummerSpin: 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 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 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 of 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!