

# Summer 2019

## Group Exercise Classes

MON	TUES	WED	THUR	FRI	SAT
5:45A-6:00A <b>TRXtreme</b> w/Picky			6:00A-6:45A <b>HIIT it Hard</b> w/Lisa		7:00A-8:00A <b>TRXtreme</b> w/Picky
9:00A-9:45A <b>Summer Slam</b> w/Kelly/Sam/ Tracy	9:45A-10:30A <b>Strong</b> w/Lori	9:00A-9:45A <b>PowerFlex</b> w/Joanne		9:45A-10:30A <b>MuscleExpress</b> w/Tracy R	8:00A <b>Run Club</b> (Every other Sat) w/Bob
9:30A-10:15A <b>Fun In Fitness</b> w/Picky				10:30A-11:00A <b>Cardio Mix Up</b> w/Tracy R	8:30A-9:15A <b>Barre Fusion</b> w/Mary Beth
	12:00P-12:45P <b>Dynamic Flow</b> <b>Yoga</b> w/Mary Beth		12:00P-12:45P <b>Dynamic Flow</b> <b>Yoga</b> w/Mary Beth		<b>SUN</b> 8:30A-9:30A <b>HIIT it Hard</b> w/Lisa
5:00P-5:25P <b>Crunch N Punch</b> w/Tracy R	5:00P-6:00P <b>TRXtreme</b> w/Picky	6:00P-7:00P <b>Spin Fusion</b> w/Meg	5:00P-6:00P <b>TRXtreme</b> w/Picky		
	5:30P-6:15P <b>Total Body Blast</b> w/Mary	6:00P <b>Walking Club</b> w/Picky	5:30P-6:30P <b>Old School Power</b> w/Mary		

## 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 Tabata</b> w/Picky	10:30A-11:15A <b>Aqua Jam</b> w/Picky	8:00A-9:00A <b>Aqua Jam</b> w/ Picky
11:15A-12:00P <b>Boot Camp H2O</b> w//Picky	6:00P-7:00P <b>Bootcamp H2O</b> w/Picky	10:30A-11:15A <b>Aqua Jam</b> w/Picky	6:00P-7:00P <b>Bootcamp H2O</b> w/ Picky	11:15A-12:00P <b>Boot Camp H2O</b> w/Picky	

## Yoga • Pilates

MON	TUES	WED	THUR	FRI	SAT
	9:00A-9:45A <b>Pilates</b> w/Carol		9:30A-10:15A <b>Senior Yoga*</b> w/Denleigh *8 Week Sessions *Additional Fee	9:00A-9:45A <b>Total Core Pilates</b> w/Carol	10:00A-11:00A <b>Yoga</b> w/Lilly/Jeanine/ Daniella
	12:00P-12:45P <b>Dynamic Flow Yoga</b> w/Mary Beth		12:00P-12:45P <b>Dynamic Flow Yoga</b> w/Mary Beth		
6:30P-7:30P <b>Yoga</b> w/MaryBeth		7:00P-8:00P <b>Pilates</b> w/Carol	6:30P-7:30P <b>Yoga</b> w/Denleigh		

## Spinning

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

[worcestersfitness.com/group-fitness-classes](http://worcestersfitness.com/group-fitness-classes)

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Try out HD today!! Contact Andy to learn more about our  
High Definition - Small Group Personal Training Program

## GROUP CLASSES

**Barre Fusion:** An athletic workout specifically designed to strengthen and lengthen the body. The class is fueled by upbeat music and efficiently flows through each muscle group, creating endurance and stamina through strength training and increased flexibility through stretching. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises.

**CardioMixUp:** Use the various Cardio Machines in a fast paced, hard driving cardio group exercise class. Picture a spin class on an Elliptical Machine or Treadmill. Lots of energetic fun!

**Crunch N Punch:** A fun combination of basic boxing and challenging core exercises. You'll be hitting the heavy bag and focus mitts, and developing a strong and stable core. An intense and fun blast of cardio and core all while releasing some energy with powerful punches!

**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.

**Muscle Express:** Total Body & Core strength. 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.

**Strong:** Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Although this is a product from Zumba®, there is no dancing in this challenging class that works your entire body.

**Summer Slam:** Monday mornings during the Summer will be filled with a fun frenzy of strength and cardio. You'll never know what to expect. Circuit Training, Spin, HIIT, Tabata, Core, Flexibility.

**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!

**TRXtreme:** combination of the total body strength that comes with using TRX straps and cardio conditioning! This high energy circuit class will keep you moving while giving you all the benefits of total body conditioning!

**Walking Club:** Every Wednesday Night at 6pm you can walk with our own Picky Lanigan and a crew of fun, positive people. The distance is always 3.1 miles around Indian Lake. The walking paces vary and you will never be left alone. It's free, it's fun and it's open to members and the public.

## 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 Tabata:** This class combines high intensity interval training (HIIT) with the benefits of water results - in a fun yet effective workout to blast the calories! You'll start with dynamic stretching, then use the core of the class to experience the Aqua Tabata portion of the class. Finish the a cool down consisting of balance and flexibility.

**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

**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.

**Senior Yoga:** Yoga for seniors has many health and fitness benefits. It helps to improve strength, flexibility, mobility and balance Senior Yoga also teaches breathing techniques and body alignment. Senior who do yoga have better sense of well being, reduced risk of fall; improved sleep patterns and mood; and reduced joint pain and anxiety.

**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.

## Run Club

Come run the lake (3.1 miles) under the masterful coaching eye of Coach Bob Bourassa, a member of the Worcester Fitness team for 14 years, who has helped hundreds of runners reach their goals. Bob has been a USA Track & Field Level 1 coach since 2006, and an NSCA Certified Strength and Conditioning Specialist since 1997. As your coach, Bob has the experience and knowledge to help runners of all abilities, on and off the roads.

Every Other Saturday @ 9AM in Lobby of Worcester Fitness. FREE TO MEMBERS! - Non-Members - \$15 Guest Fee

All runners entered into a raffle for a fun prize each run!

### DATES:

June 22  
July 6, 2  
Aug 3, 17, 31  
Sept 14, 28  
Oct 12, 26  
Nov 9, 23

6/26/2019