



US Group Exercise Schedule

April 2021

Monday

Tuesday

Wednesday

Thursday

Friday

11:00AM – 11:30AM
Barre[^]

12:00PM – 12:30PM
HIIT

3:00PM – 3:45PM
Yoga

5:15PM – 6:00PM
Total Body Conditioning[^]

8:00AM – 8:30AM
7 Minute Workout

12:00PM – 12:45PM
STRONG NationTM

3:00PM – 3:15PM
Energy Burst

5:15PM – 6:00PM
Double the Strength^{*}
4/13 Only

8:00PM – 8:30PM
Yoga

10:00AM – 10:15AM
Energy Burst

12:00PM – 12:45PM
Yoga

3:00PM – 3:30PM
Pilates

5:15PM – 5:45PM
Kickboxing

8:30AM – 9:15AM
Total Body Conditioning[^]

11:00AM – 11:30AM
Pilates

12:00PM – 12:30PM
7 Minute Workout

3:00PM – 3:15PM
Energy Burst

8:30AM – 9:00AM
HIIT

10:00AM – 10:15AM
Energy Burst

12:00PM – 12:45PM
Yoga

*Double the Strength and the fun with two instructors! This class is designed to help you tone and condition your muscles using dumbbells and a towel. Use other household items to add a little resistance to the exercises.

[^]Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.