



# May2021 Group Fitness Menu



Hot Springs Health and Fitness

501-525-4900

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00	<b>GRIT</b> with Jen Gym Floor		<b>Indoor Cycling</b> with Julie Spin Studio		<b>Bootcamp</b> with Julie Gym Floor
8:30	<b>Booty Barre</b> with Noelle Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>Retro Wednesday</b> with Cheryl Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>Let's Dance!</b> with Cheryl Group Fitness Studio
8:30	<b>Basic Training</b> with Cheryl Gym Floor	<b>Body Works</b> with Cheryl Yoga Studio	<b>LES MILLS RPM®</b> with Marsha Spin Studio	<b>Cycle and Sculpt</b> with Noelle Spin Studio	<b>Cycle and Sculpt</b> with Noelle Spin Studio
8:30		<b>Indoor Cycling</b> with Natalie Spin Studio			
9:30	<b>Let's Dance!</b> with Amy B Group Fitness Studio	<b>Cardio Sculpt</b> with Natalie Group Fitness Studio	<b>Booty Barre</b> with Noelle Group Fitness Studio	<b>Booty Barre Bounce</b> with Cheryl Group Fitness Studio	<b>Bounce!</b> with Cheryl Group Fitness Studio
9:30	<b>Cycle and Sculpt</b> with Noelle Spin Studio	<b>Yoga</b> with Cindee Yoga Studio	<b>Yoga</b> with April Yoga Studio	<b>Power Pilates</b> with Natalie Yoga Studio	<b>Relax Yoga</b> with Lisa Yoga Studio
9:30	<b>Relax &amp; Stretch</b> with Tamarha Yoga Studio			<b>GRIT</b> with Jen T Gym Floor	
4:30	<b>LES MILLS BODYPUMP®</b> with Marsha Group Fitness Studio	<b>Let's Dance!</b> with Amy B. Group Fitness Studio	<b>Cycle and Sculpt</b> with Noelle Spin Studio	<b>Stretch4Strength</b> with Jared Yoga Studio	
			<b>Bounce!</b> with Cheryl Group Fitness Studio	<b>BootyBarre Bounce!</b> with Cheryl Group Fitness Studio	
5:30	<b>Booty Barre</b> with Noelle Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>Booty Barre</b> with Noelle Group Fitness Studio	<b>KANGOO POWER®</b> with Jen T Group Fitness Studio	

5:30	Indoor Cycling with Julie Spin Studio		Power Yoga with Julie Yoga Studio	Indoor Cycling with Julie Spin Studio	
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## Saturday Classes for May

May 1	8:30 Booty Barre- Noelle	9:30 Cycle and Sculpt- Noelle
May 8	8:30 Body Pump- Jen T	9:30 Let's Dance- Amy B
May 15	8:30 Retro Saturday- Cheryl	9:30 Yoga- Lisa
May 22	8:30 Body Pump- Jen T	9:30 Cycle and Sculpt- Noelle
May 29	8:30 Kangoo Jump- JenT	9:30-Lisa

## Group Fitness Class Descriptions

**Basic Training:** Circuit style class mixing strength training and cardio to meet your cross training/full body workout needs.

**Body Works:** Lower impact, total body toning class to create overall functional fitness.

**Bootcamp:** Meet on the gym floor for a hard hitting combo of cardio and strength training exercises to get your weekend started off right!

**BootyBarre:** Pilates+Dance+Yoga=Balance. Booty Barre is a fun, energetic workout that fuses techniques from dance, pilates and yoga that will define and chisel the whole body.



**BootyBarre Bounce!** A high intensity, low impact workout that incorporates the bootybarre method with bouncing cardio moves and a fusion of barre exercises. \$10 for members, \$5 for Gold members (age 55+), \$15 for nonmembers. - Sign up at the front desk.

**Bounce!** Cardio blocks combined with strength intervals performed on and off the trampoline. \$10 for members, \$5 for Gold members (age 55+), \$15 for nonmembers- Sign up at the front desk.

**Cardio Sculpt:** You will sculpt sleek muscles with light weight and high reps along with bursts of cardio to strengthen your heart.

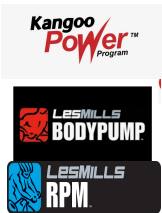
**Cycle and Sculpt:** This class combines all the best elements of a cycle class and also works on toning and defining your upper body using light dumbbells.

**GRIT:** Improve strength, increase cardio fitness and build lean muscle mass in this high intensity class.

**Indoor Cycling:** The instructor chooses the music and choreography to create the perfect cardio ride.

**KANGOO POWER®:** Explosive, highly motivating class specifically designed to challenge the whole body by building muscular strength and cardio/respiratory endurance simultaneously. KJ Rebound shoes absorb up to 80% of impact on the joints.

Call to reserve your boots if needed, \$5 for members/non-shoe owning, \$10 for nonmembers/non-shoe owning. FREE to club members who own shoes.



**LES MILLS BODYPUMP®:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You will feel motivated and challenged and ready to come back for more!

**LES MILLS RPM:** Fun music and motivation as your journey through hills climbs,sprints and flat riding.

**Let's Dance:** Release your inner dancer while burning fat and calories. You will move and sweat like you never knew you could !

**Monday Morning Detox:** Fast paced cardio HIIT combined with sculpting exercises.

**Power Pilates:** This workout emphasises balance, control, and core strength for optimal fat burning in addition to traditional pilates mat work.

**Power Pump:** Use dumbbells and barbells to sculpt and tone the body for the perfect cross training experience.

**Power Yoga:** A vigorous fitness based approach to Vinyasa style yoga with core strengthening intertwined..

**RETRO Wednesday:** A mix of step aerobics and kickboxing to get you moving and sweating!

**Stretch4Strength:** Expand your muscles, mind, motivation and mobility.

**Yoga:** Improve mobility and flexibility through movement, flow and breathwork.