

Group Exercise Schedule

EFFECTIVE: December 6, 2021



Monday

Time (a.m.)	Class	Instructor
5:15 - 6:15	501CrossFit	Megan
5:30 - 6:15	Circuit Training	Sarah
7:30 - 8:15	Dynamic Mobility	Shaun
8:15 - 9:00	Group Cycling	Amy
8:30 - 9:15	Step	Brittney
8:30 - 9:30	501CrossFit	Ashlie
9:00 - 9:55	AquaFit	Kristyn
9:30 - 10:30	Circuit Training	Charla
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
Time (p.m.)		
12:00 - 1:00	501CrossFit	Charlie
4:30 - 5:30	501CrossFit	Cara
5:30 - 6:25	Sculpt	Charla

Tuesday

Time (a.m.)	Class	Instructor
5:15 - 6:15	501CrossFit	Megan
8:30 - 9:30	501CrossFit	Lori
9:00 - 9:55	AquaFit	Evelyn
9:30 - 10:30	Legends	Charlie
10:30 - 11:15	Hip Hop Cardio	Erin
11:30 - 12:15	Silver Sneakers - Stretch Chair Yoga	Lupe
Time (p.m.)		
12:00 - 1:00	501CrossFit	Charlie
4:30 - 5:30	501CrossFit	Cara
5:30 - 6:25	Step	Kerry
5:45 - 6:35	Group Cycling - (Registration Required)	Laura

Wednesday

Time (a.m.)	Class	Instructor
5:15 - 6:15	501CrossFit	Jon
5:30 - 6:15	Circuit Training	Sarah
7:30 - 8:15	Dynamic Mobility	Shaun
8:15 - 9:00	Group Cycling	Amy
8:30 - 9:15	Step	Brittney
8:30 - 9:30	501CrossFit	Ashlie
9:00 - 9:55	AquaFit	TBA
9:30 - 10:30	Circuit Training	Charla
10:15 - 11:15	Yoga (Vinyasa Flow)	Lupe
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
Time (p.m.)		
12:00 - 1:00	501CrossFit	Charlie
4:30 - 5:30	501CrossFit	Jessica
5:30 - 6:25	CardioSculpt	Kerry

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Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:15	501CrossFit	Megan
8:20 - 8:50	Burn30	Charla
8:30 - 9:30	501CrossFit	Lori
9:00 - 9:55	AquaFit	Evelyn
9:30 - 10:30	Legends	Charlie
10:30 - 11:15	Hip Hop Cardio	Erin
11:30 - 12:15	Silver Sneakers -Stretch Chair Yoga	Lupe
Time (p.m.)		
12:00 - 1:00	501CrossFit	Charlie
4:30 - 5:30	501CrossFit	Jessica
5:30 - 6:30	501CrossFit	Charlie
5:45 - 6:35	Group Cycling - (Registration Required)	Laura

Friday

Time (a.m.)	Class	Instructor
5:15 - 6:15	501CrossFit	Sarper
5:30 - 6:15	Circuit Training	Sarah
7:30 - 8:15	Dynamic Mobility	Shaun
8:30 - 9:30	501CrossFit	Charla
9:00 - 9:55	AquaFit	Justice
9:30 - 10:30	Circuit Training	Charla
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
Time (p.m.)		
12:00 - 1:00	501CrossFit	Jon
4:30 - 5:30	501CrossFit	Brad

Saturday

Time (a.m.)	Class	Instructor
8:15 - 8:45	Sculpt Express	Kerry
9:00 - 10:00	501CrossFit	Charlie
9:00 - 10:00	Step	Kerry
9:00 - 9:45	Group Cycling	Tyler
10:15 - 11:15	Yoga (Vinyasa Flow)	Lupe

Class Locations: 501Fit - 501 Floor, Group Cycling - Cycle Studio

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of five participants to remain on the schedule. Each class must have at least three participants to be conducted.

Group Exercise Schedule



AquaFit

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Burn30

These circuit-based routines are designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. Come sweat and test your cardio and strength with us.

Circuit Training

A variety of high intensity resistance training intervals mixed with light cardio intervals. **Location - Gym**

501CrossFit

501 Fit offers classes for people of all fitness levels, with an emphasis on functional movement. Our helpful coaches and friendly members will make for a great experience. Workouts typically take an hour or less, and normally include a pre-workout with a strength or skill and a post workout with accessory work or stretching/mobility. **Location - CrossFit**

Dynamic Mobility

This is your blueprint for better movement! This unique program is designed to give you the strength and flexibility that will set you free from joint and fascia pain allowing you to be more dynamic in any activity you choose from basic functionality to high performance athleticism.

Group Cycling

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates intensity of the ride so each participant can ride at their level. **Location- Cycling Studio**

Hip Hop Cardio

It's hip, it's hot, it's the latest dance grooves set to the hottest music. This high-energy dance workout will burn the calories while you shake up your workout (and your "groove thing").

Legends

Developed with seniors in mind, the goal of this class is to improve participants' ability to perform daily living activities including sitting, standing, getting up from the ground, placing objects overhead and picking up items. All Legends classes will be led by 501Fit coaches.

Sculpt

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength. Express = 30 minutes.

Silver Sneakers - Muscular Strength Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Sneakers - Stretch Chair Yoga

This class moves your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Step

A choreographed cardiovascular workout using a platform and risers. Sequences are introduced and developed as the class progresses.

Yoga - Vinyasa Flow

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.