




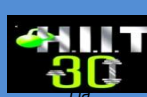














THE MANCHESTER GYM GROUP FITNESS SCHEDULE

EFFECTIVE Jan 1 2022

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time	SATURDAY	Time	SUNDAY
						7:00AM			
						8:15AM			
8:45AM						9:30AM			
9:45AM									
10:15AM						<p>SIGN UP ONLINE FOR CLASSES: clients.mindbodyonline.com</p> <p>Classes blocked in blue are also Virtual, ask the front desk for details</p> <p>***Please contact the club for more information on virtual classes and membership options</p> <p>Active for Life - Motivating adults to stay healthy and active. Resistance band work, functional fitness moves & light weights.</p> <p>Barre Ballet inspired athletic movements, incorporating core and balance with body resistance</p> <p>Body Pump resistance based training with weights & great music, works all major muscle groups</p> <p>Cardio Boot Camp- interval training with martial arts based movements and high intensity aerobics movements.</p> <p>Core - 30 minutes strengthening the core muscles</p> <p>HIIT-30 - High Intensity Interval Training 30 minutes</p> <p>Sprint - High Intensity Interval Training on a bike. 30 minute class.</p> <p>STRONG- High intensity interval training focused on moving to the beat.</p> <p>Vinyasa Yoga - Stringing postures together so that you move from one to another effortlessly</p>			
10:30AM									
11:00AM									
12:15PM									
4:00PM									
5:30PM									

that you move from one to another effortlessly,

Body Pump - resistance based training with weights & great music, works all major muscle groups

Circuit Class - high intensity aerobics and resistance training in an easy to follow format

Barre - Ballet inspired athletic movements, incorporating core and balance with body resistance

Tone & Stretch - gentle full body workout that strengthens all major muscle groups ending with flexibility work

Ride - indoor group cycling set to music

Zumba - Latin based fitness dance class great music fun movements

Cardio Boot Camp - interval training with martial arts based movements and high intensity aerobics movements.

Sprint - High Intensity Interval Training on a bike. 30 minute class.

Core - 30 minutes strengthening the core muscles