



Grizzly Group Fitness Class Schedule

2025 Fall/Winter Lineup August 18th– December 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am 5:45am	CrossFit-Jeff Cardio Step& Strength-Deno	CrossFit-Jeff	CrossFit-Jeff Cardio Step& Strength-Deno	CrossFit-Jeff	CrossFit-Jeff Cardio Step& Strength-Deno	
8:15am	Grizzly Strength-Jonas FlowFit-Deno	Pickleball Skills-Josh Muscle Mobility Plus-Deno	Rep&Flex-Amanda FlowFit-Deno	Pickleball Skills-Josh Muscle Mobility Plus-Deno	Rep&Flex-Amanda Upbeat Lift-Vanessa	HIGH Fitness-Micah
9:30am	CrossFit-Mindy Total Body-Amanda	CrossFit-Courtney HIGH Fitness-Vanessa	CrossFit-Amanda Upbeat Barre-Micah	CrossFit-Courtney Cycle-Vanessa	CrossFit-Amanda MY-YO-Release-Vanessa	TandemFit-Jonas Yoga-Paula
10:45am	Upbeat Pilates- Micah	Power Yoga-Esther				
3:00pm	CrossFit Teens-Amanda	CrossFit Teens-Amanda	CrossFit Teens-Amanda	CrossFit Teens-Amanda	CrossFit Teens-Amanda	
4:30pm	CrossFit-Mindy Strong Nation-Brittany	CrossFit-Mindy UpBeat Lift -Vanessa	CrossFit- Thad	CrossFit-John Total Body-Amanda	CrossFit-Jonas	
5:45pm	Cycle-Nikki	Beginners CrossFit-Amanda	Yoga Stretch-Paula	Barre Express-Nikki		

Class Location Key
GroupX in The Box
CrossFit in The Box
GroupX Room
Courts 2&3
Court 4

Visit our website or app for class descriptions.

*Refer to Short Session Schedule for additional pop up and short session class offerings.

Group Fitness classes are open to all gym members 14yrs and older who have group fitness included in their membership.

Grizzly Group Fitness Class Descriptions

- **CrossFit-** *(Cardio, Strength, Sports Training)* CrossFit is a high intensity interval training style that incorporates elements of sports training along with day-to-day functional fitness movements. Scaling options will be given for all fitness abilities. Classes/WODS are constantly varied; no workout is the same.
- **Beginners CrossFit-** *(Cardio, Strength, Sports Training)* This CrossFit class will be catered to the beginner member, it will focus on breaking down and learning the basic movements, techniques and principles of a typical CrossFit class. All skill levels are welcome.
- **CrossFit Teens-** *(Cardio, Strength, Sports Training)* A CrossFit class designed for youth ages 12-18yrs old. Scaling options will be given for all fitness abilities.
- **TandemFit-** *(Cardio, Strength, Sports Training)* Partner up-bring one or find one in class. Build strength, endurance and intensity together. Share the fun of a CrossFit workout with a fellow athlete/competitor/member.
- **Grizzly Strength-** *(Strength Training, OLY Lifting)* Grizzly Strength is a self-paced strength training program designed for athletes and created by one of our Grizzly Personal Trainers. You'll follow the program independently, guided through an app. This class time acts as an open lifting session, where you can attend for additional personalized coaching and support as you progress.
- **Cardio Step & Strength-** *(Step Cardio, Strength, Weights)* Step cardio choreography, sport step, a splash of HIIT intervals plus a BIG Compound/Complex Power Move all followed up with tempo strength training, done from class to class and week to week on a split training schedule.
- **FlowFit Strong-** *(Cardio, Strength, Light Weights)* This class is a choreographed blend of movement flows and balance sequences using body weight and light strength training for a total body strengthening workout.
- **Muscle Mobility Plus-** *(Cardio, Weights, Mobility)* Spicy functional cardio, strength and mobility moves performed on a timer so that "you can do you" at your own pace. It is an "everything but the kitchen sink" kind of workout. Lots of options, modifications and progressions will be offered.
- **Rep & Flex-** *(Strength, Weights)* A class of just weights, focusing on proper weight lifting. It will be a combination of; heavy weight lifting, strength exercises, Olympic and traditional bar movements. This class will have no cardio and will help build muscle and strength.
- **Pickleball Skills-** *(Sports Training, Cardio)* Pickleball skill-based lessons for players between levels intermediate to advanced. Come learn drills and how to improve advanced strategy.
- **HIGH Fitness-** *(Cardio)* Aerobics is back, bigger, better, and HIGHER than ever. HIGH is simple, intense, consistent, and FUN. It takes the old school aerobics up to the next level with modern fitness techniques. These choreographed cardio routines will have you addicted and coming back for more.
- **Total Body-** *(Cardio, Strength, Weights)* A high-intensity class focusing on strength gains and body transformation through varied timing methods and circuit-based workouts to create challenging and fun workouts to take your fitness level as far as you're willing to go.
- **Cycle-** *(Cardio)* Come pedal away to motivating music and challenging routines that include sprints, hills, and jumps. You'll be amazed to see how many miles and calories you can burn in a class.
- **Upbeat Barre-** *(Mobility, Strength, Light Weights)* Elements of Pilates, strength training, yoga and ballet are incorporated in this low impact and challenging workout. You'll increase strength, balance, and flexibility. It will chisel and tone your body like never before.
- **Upbeat Lift-** *(Strength, Weights)* Upbeat Lift combines pure strength super sets with progressive overload endurance training, isolating muscles groups and working to failure with heavier weights. UPL rocks popular tunes choreographed for an intense and accessible muscular strength workout.
- **Upbeat Pilates-** *(Core Work, Light Weights)* Upbeat Pilates is a high-energy mat class that utilizes traditional pilates elements and equipment in an Upbeat way. UPP rocks choreographed popular tunes for core-focused, full body, consistent, and sweaty workout that leaves no muscles behind.
- **Strong Nation-** *(Cardio)* Kick and HIIT your goals with this total body mixed martial arts influenced cardio workout. Every punch, kick, and squat has its own sound effect laid into original/unique sound tracks. Scorch calories during and after this power packed sweat sesh.
- **Barre Express-** *(Mobility, Strength, Light Weights)* A normal Barre class condensed into 45 minutes for fast paced optimal burn.
- **MY-YO-Release-** *(Mobility, Stretch)* This 60-minute class kicks off with 30 minutes of choreographed stretching to music in the energizing YO format from HIGH Fitness, then transitions into 30 minutes of myofascial release using foam rollers, massage balls, and mobility tools to unwind tight muscles and enhance recovery.
- **Yoga-** *(Mobility, Stretch)* A traditional class that includes both challenging and restorative poses in sequence with the breath allowing you to build strength, balance, mobility, flexibility, and focus.
- **Power Yoga-** *(Mobility, Stretch, Light Weights)* A dynamic vinyasa-style class held in a heated 80–85° room. Expect vigorous stretching and a fast-paced flow that incorporates a variety of postures, light weights, resistance bands, and straps—while emphasizing breath with movement.
- **Yoga Stretch-** *(Mobility, Stretch)* A slow-paced yoga class focused on gentle stretching, relaxation, and restoring mobility through mindful movement and breath.

AUGUST & SEPTEMBER SHORT SESSION SCHEDULE



GRIZZLY HIKE

FRIDAY

AUGUST 15TH

11:30AM

MEET AT THE SUMMIT LAKE
PARKING LOT WE WILL HIKE
APRIL BOWL & HATCH PEAK
LOOP, WEATHER PERMITTING
RSVP W/VANESSA

EMPOWERED MAMA

WEDNESDAYS

AUGUST 20TH 10:45AM

&

AUGUST 27TH 4:30PM

GROUPX ROOM

W/BRE

POWER ROW

TUESDAYS

AUG 19TH & SEP 23RD

8:15AM

CROSSFIT BOX

W/AMANDA

WALK & BURN

WEDNESDAYS

6 WEEK SESSION

SEP 3RD-OCT 8TH

5:45PM

UPSTAIRS TURF

W/NIKKI

GRIZZLY HIKE

FRIDAY

SEPTEMBER 5TH

5:30PM

MEET AT THE GOVERNMENT
PEAK PARKING LOT WE WILL
HIKE THE BLUEBERRY KNOLL
TRAIL, WEATHER PERMITTING
RSVP W/VANESSA

EQUINOX BALANCE YOGA

FRIDAY

SEPTEMBER 12TH

2HOUR WORKSHOP

5:30-7:30PM

GROUPX ROOM

W/JENNIFER

Short Session Class Descriptions

August & September 2025

- **Grizzly Hike up April Bowl to Hatch Peak Loop-** (*Cardio*) Join us for a scenic off-site hiking adventure at Hatcher Pass. We'll meet and park at the Summit Lake trailhead—parking is limited, so carpooling with fellow Grizzlies is encouraged. The hike is 2 miles total, takes an average of 2 hours to complete with 866ft of elevation gain. Dress for the weather and be prepared for changing mountain conditions. Please RSVP with Vanessa; we will cancel if heavy rain is in the forecast.
- **Empowered Mama-** (*Breathwork, Education, Bands, Light Weights*) A strength and recovery workshop designed for active moms navigating pregnancy and postpartum. This one-day session will help you feel strong, supported, and confident in your movements. Led by Grizzly's own Bre Leatham—a physical therapist and fellow mama—you'll gain valuable tools to move safely and powerfully through every stage of motherhood.
- **Power Row-** (*Strength, Cardio, Weights*) This high energy workout combines the cardiovascular benefits of rowing and the strength benefits of weights. Perfect for all fitness levels and ensures a full body workout that will leave you feeling strong with improved rowing skills.
- **Walk & Burn-** (*Cardio, Weights*) Get moving on the indoor upstairs turf with a fun, functional workout that combines walking intervals and light weight training to build full-body strength. Each session finishes with a focused core burner to leave you feeling strong and energized.
- **Equinox Balance Yoga-** (*Stretch, Mobility*)
Celebrate the changing season with a 2-hour Equinox Yoga Workshop designed to help you explore balance—in your body, mind, and daily life. Through intentional movement, breathwork, and reflection, you'll discover tools to create steadiness both in your practice and beyond the gym. All levels welcome.
- **Grizzly Hike up Blueberry Knoll-** (*Cardio*) Join us for a scenic off-site hiking adventure up the Blueberry knoll trail located within the Government Peak Recreation area. We'll meet and park at the Government Peak trailhead—parking is \$5.00, so carpooling is encouraged. This hike is 3miles total, takes an average of 3 hours to complete with 1505ft of elevation gain. Dress for the weather and be prepared for changing mountain conditions. Please RSVP with Vanessa; we will cancel if heavy rain is in the forecast.