



# Grizzly Group Fitness Class Schedule

2026 Winter/Spring January 2<sup>nd</sup> -May 23<sup>rd</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	CrossFit-Collin	CrossFit-Collin	CrossFit-Collin	CrossFit-Jeff	CrossFit-Jeff	
5:45am	Cardio Step& Strength-Deno		Cardio Step& Strength-Deno		Cardio Step& Strength-Deno	
8:15am	FlowFit-Deno	Muscle Mobility Plus- Deno	Rep&Flex-Amanda FlowFit-Deno	Muscle Mobility Plus- Deno	Rep&Flex-Amanda UpBeat Lift -Vanessa	HIGH Fitness- Micah
9:30am	CrossFit Strong-Mindy Total Body-Amanda	CrossFit-Courtney HIGH Fitness-Vanessa	CrossFit Strong- Amanda Upbeat Barre-Micah	CrossFit-Courtney Cycle-Vanessa	CrossFit Strong- Amanda MY-YO-Release- Vanessa	TandemFit- Thad Yoga-Paula
10:45am	Upbeat Pilates-Micah	Power Yoga-Esther		Upbeat Pilates-Micah		
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 * See Short Session Schedule	CrossFit-John Total Body-Amanda	5:15pm CrossFit- Thad	
5:45pm	Cycle-Nikki	Beginners CrossFit- Amanda	75min Hot Yoga- Jennifer	Barre Express-Nikki		

Class Location Key
GroupX in The Box
CrossFit in The Box
GroupX Room
Court 4

Visit our website or Grizzly app for class descriptions.

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

## **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.
- **CrossFit Strong**- *(Strength, OLY Lifting, Sports Training)* CrossFit Strong is a 90min class that starts with a 45min weight lifting focus on deadlift, bench press and back squat movements. This class is structured to increase strength over time with a progressive overload approach. The Metcon of the day will follow the strength training portion for the ultimate finisher.
- **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 this CrossFit workout with a fellow athlete/competitor/ member.
- **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**- *(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 Step, 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.
- **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.
- **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.
- **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.
- **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.
- **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.
- **MY-YO-Release**- *(Mobility, Stretch)* This 75-minute class kicks off with 30 minutes of choreographed stretching to music in the energizing YO format from HIGH Fitness, then transitions into 45minutes of myofascial release using foam rollers, massage balls, and mobility tools to unwind tight muscles and enhance recovery.
- **Barre Express**- *(Mobility, Strength, Light Weights)* A normal Barre class condensed into 45 minutes for fast paced optimal burn.
- **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.
- **Hot Yoga**- *(Mobility, Stretch)* Move and sweat in this 75 minute dynamic yoga class. The room is set to 90 degrees but it is 100% fun!



# DECEMBER & JANUARY SHORT SESSION SCHEDULE



## 4.0 Advanced Pickleball skills

Tuesdays & Thursdays  
Dec & January  
6am  
Court 4  
Josh

Upbeat Barre  
Wednesdays  
2 weeks  
Jan. 7,14th  
4:30pm  
GroupX Room  
Candace

Friday Night Therapy  
Jan. 16th -Micah  
Jan. 23rd -Deno  
Jan. 30th- Nikki  
5:15pm  
GroupX Room

## Keeping it Cool Relaxation Yoga

Thursdays  
Dec. 4,11,18th  
10:45am  
GroupX Room  
Jennifer

Strong Nation  
Saturdays  
Jan. 10-Feb. 28th  
7am  
GroupX Room  
Deno

Form & Function Workshop  
Jan. 21st 10:45am  
&  
Jan. 27th 5:45pm  
GroupX Room  
Bre

## Wintering Well Workshop

Sunday  
Dec. 7th  
2-4pm  
GroupX Room  
Jennifer

## Grizzly Fitness Test

Thursday  
Jan. 15th  
8:15am  
Court 4  
Deno

Upbeat Barre  
Thursdays  
6 weeks  
Jan. 22-Feb.26th  
4:30pm  
GroupX Room  
Lindsey

## Friday Night Therapy

Dec. 12th -Deno  
Dec. 19<sup>th</sup> -Micah  
5:15pm  
GroupX Room

## Grizzly Fitness Test

Wednesday  
Jan. 21st  
5:45pm  
CF Box  
Nikki

Upbeat Barre  
Wednesdays  
4 weeks  
March  
4:30pm  
GroupX Room  
Candace