



Grizzly Group Fitness Class Schedule

2026 Summer May 26th-August 15th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am 5:45am	CrossFit-Collin Cardio Step& Strength-Deno	CrossFit-Collin	CrossFit-Collin Strong Nation- Brittany	CrossFit-Jeff	CrossFit-Jeff Cardio Step& Strength-Deno	
8:15am		Muscle Mobility Plus- Deno	FlowFit-Deno Rep&Flex-Amanda	Muscle Mobility Plus- Deno		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 Group Fitness Class- **See Rotation Below	
10:45am	Upbeat Pilates-Micah			Upbeat Pilates-Micah		
4:30pm	CrossFit-Mindy	CrossFit-Mindy UpBeat Lift -Vanessa	CrossFit-Thad Total Body-Amanda	CrossFit-John Group Fitness Class- *See Rotation Below		
5:45pm		Beginners CrossFit- Amanda				

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

*Thursdays 4:30pm Rotation

May 28- Vanessa/HIGH+YO
 June 4- Jennifer/Yoga Fusion
 June 11- Amanda/Total Body
 June 18- Vanessa/HIGH+YO
 June 25- Deno/FlowFit
 July 2- Micah/Upbeat Pilates
 July 9- Vanessa/HIGH+YO
 July 16- Micah/Upbeat Pilates
 July 23- Deno/FlowFit
 July 30- Micah/Upbeat Pilates
 Aug 6- Jennifer/Yoga Fusion
 Aug 13- Vanessa/HIGH+YO

**Fridays 9:30am Rotation

May 29- Deno/FlowFit
 June 5- Micah/Upbeat Pilates
 June 12- Vanessa/Upbeat Lift
 June 19- Deno/FlowFit
 June 26- Brittany/Strong Nation
 July 3-(No Class holiday weekend)
 July 10- Vanessa/Upbeat Lift
 July 17- Deno/FlowFit
 July 24- Micah/Upbeat Pilates
 July 31- Micah/Upbeat Barre
 Aug 7- Esther/Power Yoga
 Aug 14- Deno/FlowFit

Visit the website or Grizzly App for more information and to view the Short Session Schedule.

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**- (*Cardio, Strength, 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.
- **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.
- **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.
- **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.
- **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. Hot Pilates the room will be set for 85 degrees with same class flow.
- **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.
- **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.
- **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.
- **HIGH+YO**- (*Cardio& Stretching*) 30 minutes of HIGH Fitness—choreographed, high-energy cardio set to great music—followed by 30 minutes of YO, HIGH Fitness’s signature stretch format featuring fun, upbeat tracks.
- **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 Fusion**- (*Mobility, Stretch, Light Weights*) blends the best of both worlds with 30 minutes of Pilates-inspired core strengthening followed by 30 minutes of yoga flow and deep stretching. Build strength, improve flexibility, and leave feeling balanced and refreshed.