

## *The Mill Family Fitness Center – Group Fitness Schedule*

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
5:00 AM	Power Fit <i>Dee</i>	*TRX Functional* <i>Matt</i>		*TRX Functional* <i>Matt</i>		
8:30 AM			Bands 4 Body <i>Kayte</i> ----- *TRX Pilates* <i>Dee</i>		<u>*Spin &amp; Weights*</u> <i>Kayte</i>	*TRX Functional* <i>Mel / Mark</i> ----- <u>*Spin &amp; Weights*</u> <i>Kayte</i>
9:00 AM				Yoga <i>Jodi</i>	<u>*TRX 201*</u> <i>Matt</i>	
9:30 AM	*TRX Functional* <i>Matt</i>	*TRX 101* <i>Mark</i>	*TRX Functional* <i>Matt</i>	*TRX 101* <i>Mark</i>		
10:00AM					*TRX Yoga* <i>Dee</i>	Kickboxing <i>Gino</i> Zumba (EVERY OTHER) <i>Tracy</i>
10:30 AM	*TRX Pilates* <i>Dee</i>		*TRX 101* <i>Mark</i>			
4:15 PM	Zumba <i>Tracy</i>					
4:30 PM			Zumba <i>Tracy</i>			
5:00 PM	*TRX Functional* <i>Mel</i>	*TRX 101* <i>Mark</i>	*TRX Functional* <i>Mel</i>			
5:30 PM	<u>*Spinning*</u> <i>Aileen</i>	Yoga <i>Renee</i>	Line Dancing <i>Kim</i>	Fight Fitness <i>Symantha</i>		

**SPINNING & TRX 201: \$10 Per Class or 10 Classes for \$80**

**SPIN & WEIGHTS: \$5 Per Class or 10 Classes for \$40**

***\*SIGN UP REQUIRED\****

## *-Class Descriptions-*

**TRX 101**- Learn and master the 7 foundational movements (PUSH, PULL, PLANK, HINGE, LUNGE, SQUAT and ROTATE), cue and strap adjustments in this TRX for beginner's class.

**TRX Functional**- TRX warm up and cool down with Slam Balls, Kettle Bells, Sand Bags, Heavy Rope, and Terra Core Trainer in between – *Need we say more?*

**TRX Yoga**- By incorporating the use of TRX Straps, it supports and improves traditional yoga positions. TRX Yoga offers a unique way to deepen stretches and enhance stability. This fusion allows participants to benefit from both the strength-building aspects of TRX and the flexibility and mindfulness of yoga.

**TRX Pilates**- A dynamic fusion class that combines the core-strengthening principles of Pilates with the suspension training of TRX. Using bodyweight resistance and controlled movements, this workout enhances balance, flexibility, and muscular endurance while building deep core stability. Perfect for all fitness levels, TRX Pilates delivers a full-body, low-impact workout that challenges strength and control.

**TRX 201(\$)**- Once you have mastered the TRX 101 – this class will take you to the next level with more advanced movements in TRX and functional training.

**Bands 4 Body**- Involves a 1-hour, full body workout to strengthen and build muscle, increase bone density, improve balance, and gain mobility.

**Fight Fitness**- HIIT Style workout emphasizing basic fight form while incorporating training methods fighters use. Each movement will be broken down into rounds focusing on footwork, punching, kicking, and combinations of all three.

**Kickboxing**- This kickboxing class is for all experience levels – Blending real self-defense with fitness in a safe, respectful environment!

**Line Dancing**- Shake up your workout routine with our Line Dancing class! Easy moves, upbeat tunes, and a fantastic group vibe! Get fit while having a blast, let's move and groove!

**Power Fit**- Prepare to unleash your inner athlete in our Power Fit Bootcamp! This action-packed group fitness class is engineered to ignite your strength, stamina, and determination. Join us and experience a heart-pounding workout that is just as motivating as it is rewarding!

**Spinning(\$)**- Involves a 45-minute ride on a stationary bike. During the duration of a SPIN® class, a rider should anticipate a mix of fast-pace sprints, pounding jumps and epic hills, all timed to the beat of the music. A SPIN® class is a great cardiovascular workout that builds endurance and strength at the same time. Level: Beginners to Experts. Each rider caters their individual ride to their own needs.

**Spin & Weights**- This class is a 1-hour hybrid class. Expect to spin for the first 30-minutes for a fun cardio blast followed by a 30-minute resistance training workout.

**Yoga**- This class will focus on building strength and flexibility, as well as reducing stress and anxiety. This class will start with breath work and meditation, followed by a series of yoga postures taught with various modifications for all levels. Each class concludes with savasana, which is a period of deep relaxation.

**Zumba**- A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.