

*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>                                                                    | <i>Sunday</i>               |
|-------------|----------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------|---------------------------------|----------------------------------|------------------------------------------------------------------------------------|-----------------------------|
| 5:00 AM     |                                                                            | *TRX Functional*<br><i>Matt</i> |                                                                      | *TRX Functional*<br><i>Matt</i> |                                  |                                                                                    |                             |
| 8:30 AM     |                                                                            |                                 | Bands 4 Body<br><i>Kayte</i><br>-----<br>*TRX Pilates*<br><i>Dee</i> |                                 | *Spin & Weights*<br><i>Kayte</i> | *TRX Functional*<br><i>Mel / Mark</i><br>-----<br>*Spin & Weights*<br><i>Kayte</i> | Pump It Up<br><i>Dianne</i> |
| 9:00 AM     |                                                                            |                                 |                                                                      | Yoga<br><i>Jodi</i>             | *TRX 201*<br><i>Matt</i>         |                                                                                    |                             |
| 9:30 AM     | *TRX Functional*<br><i>Matt</i>                                            | *TRX 101*<br><i>Mark</i>        | *TRX Functional*<br><i>Matt</i>                                      | *TRX 101*<br><i>Mark</i>        |                                  | Step It Up<br><i>Dianne / Jay</i>                                                  |                             |
| 10:00AM     |                                                                            |                                 |                                                                      |                                 | *TRX Yoga*<br><i>Dee</i>         | Kickboxing<br><i>Gino</i><br>Zumba<br>(EVERY OTHER)<br><i>Tracy</i>                |                             |
| 10:30 AM    | *TRX Pilates*<br><i>Dee</i>                                                |                                 | *TRX 101*<br><i>Mark</i>                                             |                                 |                                  |                                                                                    |                             |
| 4:15 PM     | Zumba<br><i>Tracy</i>                                                      |                                 |                                                                      |                                 |                                  |                                                                                    |                             |
| 4:30 PM     |                                                                            |                                 | Zumba<br><i>Tracy</i>                                                |                                 |                                  |                                                                                    |                             |
| 5:00 PM     | *TRX Functional*<br><i>Mel</i><br>-----<br>Step It Up<br><i>Jay / Abby</i> | *TRX 101*<br><i>Mark</i>        | *TRX Functional*<br><i>Mel</i>                                       |                                 |                                  |                                                                                    |                             |
| 5:30 PM     | Fight Fitness<br><i>Symantha</i><br>-----<br>*Spinning*<br><i>Dan</i>      | Yoga<br><i>Renee</i>            | Line Dancing<br><i>Kim</i>                                           | *TRX Pilates*<br><i>Dee</i>     |                                  |                                                                                    |                             |

SPIN & WEIGHTS: \$5 Per Class or 10 Classes for \$40 | SPINNING & TRX 201: \$10 Per Class or 10 Classes for \$80

- TRX 101**- Master the 7 foundational movement patterns—*Push, Pull, Plank, Hinge, Lunge, Squat, and Rotate*—in this beginner-friendly TRX class. You'll learn how to adjust the straps, perfect your form, and build confidence with bodyweight training. Ideal for newcomers or anyone looking to refine their technique from the ground up.
- TRX Functional**- Start and end with TRX, but everything in between is next-level functional fitness. Combine suspension training with *slam balls, kettlebells, sandbags, battle ropes, and the Terra Core Trainer* for a full-body workout that builds strength, power, and endurance. Expect variety. Expect intensity. Expect results.
- 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 (\$)**- Ready to go beyond the basics? TRX 201 is your next challenge. This advanced-level class builds on TRX 101 by incorporating *unilateral and asymmetric movements* that challenge your balance, coordination, and core strength. You'll explore more complex suspension exercises combined with dynamic functional training to push your limits and take your TRX skills to the next level!
- 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!
- Pump It Up**- Sculpt, tone, and strengthen with this full-body *barbell-based strength class* focused on high-rep, low-weight training. You'll target every major muscle group with a mix of compound and isolation exercises—all set to energizing music that keeps you motivated and moving from start to finish.
- Step It Up**- Step up your cardio game with this high-energy, music-driven workout that combines rhythmic step choreography with full-body conditioning. Burn calories and improve coordination as you move through fun, fast-paced routines. All fitness levels welcome—options provided to match your pace.
- 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 times to the beat of the music. Spinning® is a great cardiovascular workout that builds endurance and strength at the same time.
- 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.