



# GROUP FITNESS SCHEDULE

12/01/2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
5:15 am – 6:00 am <u>Upper Body &amp; Core</u> Susan		5:15 am- 6:00am <u>Lower Body &amp; Core</u> Susan		5:15 am-6:00 am <u>Total Body Conditioning</u> Susan	
8:15am – 9:00am <u>Strengthen &amp; Lengthen</u> Kristi	8:15 am-9:00 am <u>Total Body Conditioning</u> Kristi	8:15 am-9:00 <u>Yoga</u> Bethany	8:15am-9:00am <u>Circuit Zone</u> **Class @ LAC** Kristi	8:15am – 9:00am <u>Pilates Mix</u> Kristi	
9:00am-10:00am <u>Dance Fitness</u> Holly		9:00 am-10:00am <u>Dance Fitness</u> Holly		9:00am-10:00am <u>Dance Fitness</u> Holly	
<i>"Accountability is the glue that ties COMMITMENT to RESULTS."</i>				<p><b>CLASS LOCATION:</b>  <b>1006 Metcalf Rd.</b>  <i>(South of Gym on Metcalf Next to Miss B's Café)</i></p> <p> LIKE us on Facebook:            (Get all the current updates)            Louisburg AthleticClub</p> <p><b>CLASSES ARE INCLUDED IN ALL GYM MEMBERSHIPS OR NON-GYM MEMBER CLASS PASSES AVAILABLE</b></p> 	
	5:30pm-6:30pm <u>Praise Moves</u> <i>See Reverse Side if wanting to attend</i> Kristi (Faith Chapel Church)			<p>401 S. Metcalf • Louisburg, KS • 837-1400 •  <a href="http://www.LouisburgAthleticClub.com">www.LouisburgAthleticClub.com</a></p>	

## **Class Descriptions:**

**BASIC FLOW YOGA** - Open to beginners and continuing students alike, this Vinyasa-style yoga class is all about linking breath with flowing movement. Yoga offers multiple benefits that help us find balance, well-being, and stillness in our lives. You will experience a mixture of physical effort, guided relaxation, breathing practice, and silent meditation in this one-hour class, modifications offered. Please bring your personal yoga mat, however we have mats to use.

**CIRCUIT ZONE**- A full body circuit workout including various stations that incorporate cardio and strength training.

**DANCE FITNESS** -Dance-based aerobic workout sure to make you sweat as you move to the many rhythms of mostly Latin-American and pop music. Formerly called Zumba®

**LEGS, GLUTES & CORE**: Lower Body Focused Strength Training with Added Moves to Strengthen the Core.

**PRAISE MOVES**: PraiseMoves is a series of stretching and strength-building postures, each linked to a verse of Scripture you focus upon while doing the Posture. A Christian alternative to yoga. (PLEASE CHECK WITH KRISTI or FRONT DESK FIRST TO SEE IF CLASS IS IN SESSION)

**STRENGTHEN & LENGTHEN**: Combines Yoga, Pilates, and functional training into one class.

**TOTAL BODY CONDITIONING**: Variety of Cardio and Strength Exercises, variations in intensity levels. Great for everyone of all fitness ability.

**UPPER BODY & CORE**: Upper Body Focused Strength Training Along With Moves to Strengthen the Core.