Pinnacle Health Fitness
Spring 2017 *effective 4/3/17*

Fitchburg Studio Class Schedule

Group Exercise Director Vikki Hettiger
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MONDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	Insanity (45)	Maureen / Kristin	:45
6:00a	Cycle	***Cycling Express**	Erin	:45
8:30a	Cycle	***Cycling**	Heidi Sp.	:50
8:30a	1	Ultimate Intervals	Hallie	:60
9:35a	1	BodyPump	Vikki	:60
9:30a	2	Pure Strength	Heidi Sp.	:60
10:45a	1	Gentle Yoga	Rob	:60
4:30p	1	CX WORX	Beth	:30
5:05p	1	BodyCombat Express	Susan	:50
5:15p	2	Yoga Flow	Meg	:55
6:00p	1	Dynamic Strength	Beth	:45
6:00p	Cycle	***Cycling**	John	:60
6:15p	2	***TRX**	Andrea	:45

TUESDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	Pump & Stretch	Hallie	:60
8:45a	2	Insanity (45)	Kristin	:45
8:45a	1	Zumba	Krista	:45
9:30a	1	Yoga Flow	Kristin	:45
11:45a	Cycle	***Cycling**	Christine	:60
4:30p	1	BodyPump	Beth	:60
5:30p	1	WERQ	Jenny	:60
5:30p	2	Ultimate Intervals	Margaret	:60
6:30p	2	Power Yoga	Stacy	:60

WEDNESDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	CX WORX	Andrea	:30
6:00a	1	Yoga Flow	Heather	:45
8:30a	Cycle	***Cycling**	Erin	:60
8:30a	2	***TRX**	Beth	:45
8:45a	1	BodyStep Express	Kristin	:45
9:30a	1	BodyPump	Kristin	:60
9:30a	2	Yoga Flow	Heidi	:60
12:00p	2	Power Yoga	Deann	:45
5:05p	1	Dirty 30 (cardio)	Louisa / Mel	:30
5:15p	2	Yoga Flow	Rose	:60
5:30p	Cycle	***Cycling Express**	Heidi St.	:40
5:40p	1	CX WORX	Louisa / Mel	:30
6:15p	1	BodyPump Express	Mel	:45
6:15p	2	***TRX**	Heidi St.	:45

THURSDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	BodyPump	Vikki	:60
8:30a	2	Moves & Grooves	Heidi Sp.	:60
8:30a	1	Dynamic Strength	Beth	:60
9:30a	2	Yoga Flow	Kristin / Lisa	:60
11:45a	Cycle	***Cycling**	Candice	:60
4:30p	1	BodyPump	Jen	:60
5:30p	1	BodyStep	Louisa	:60
6:00p	Cycle	***Cycling**	John	:60
6:15p	2	Yoga Flow	Meg	:45

FRIDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	BodyCombat Express	Andrea	:45
8:15a	2	Zumba	J.J.	:50
8:30a	1	Ultimate Intervals	Hallie	:60
9:15a	2	Pure Strength	Heidi Sp.	:45
10:15a	2	Gentle Yoga	Maureen	:60
11:30a	1	BodyPump	Angie	:60

SATURDAY

Time	Studio	Class	Instructor	Duration
7:30a	Cycle	***Cycling**	Annette / John	:60
8:00a	1	BodyPump	Vikki / rotation	:60
9:00a	2	WERQ	Macy	:45
9:05a	1	Insanity	Brent	:40
9:50a	1	CX WORX	Mel / rotation	:30
10:00a	2	***TRX**	Andrea	:45

SUNDAY

Time	Studio	Class	Instructor	Duration
8:30a	1	BodyStep Express	Kristin	:45
9:15a	1	Power Yoga	Kristin	:45
10:15a	1	BodyCombat Express	Trina / Sarah W.	:50
10:15a	2	Zumba	Natalie	:45
11:15a	1	BodyPump	Sarah W. / Greta	:60

PINNACLE HEALTH + FITNESS

*** Denotes class requiring advanced sign up**

For class descriptions, please visit our website www.phfitness.com

STUDIO CLASS DESCRIPTIONS

CARDIO CLASSES

BODYCOMBAT: BodyCombat is a non-contact, martial arts-inspired cardio-kickboxing program where your 'Inner Warrior' is totally unleashed! The class format draws from disciplines such as Karate, Boxing, TaeKwonDo, Muay Thai and Tai Chi. This empowering workout will allow you to strike, punch, kick and kata your way through calories right to superior cardio fitness!

BODYSTEP: BodyStep is like no other Step class! This format retains the essence of a great Step workout while adding fun and athletic movements to the mix. With sing-a-long music, lots of spunk and effective interval-training principles, you'll improve cardio fitness, shape and tone your lower body, and improve coordination and agility. What more could you ask for?

CYCLING: Experience the ride of your life! Cycling is a fun, athletic workout that closely mimics a true biking experience...all from the comforts of an indoor studio! Speed, terrain and intensity vary in each class, improving cardiovascular endurance and boosting lower-body strength. Advanced sign up required, space is limited.

ZUMBA: A Latin-inspired dance-fitness class that incorporates international music and movements, resulting in a dynamic, exciting and effective workout. The class format combines both fast and slow Latin rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits. Moves are fun and easy to follow.

WERQ: WERQ is the fiercely-fun dance fitness class based on pop, rock and hip-hop music. The signature WERQ warm-up previews the moves used throughout class, while the signature WERQ cool-down incorporates balance and yoga-inspired stretches. Everything in between is pure fun! Are you ready to WERQ?

DIRTY 30: 30 minutes of high intensity interval training that is both functional and fun, but also easily modified to accommodate any fitness level. Classes use a variety of cardio disciplines to get you fitter FASTER!

MIND / BODY CLASSES

A yoga mat is REQUIRED for all mind/body classes. Aromatherapy may be used, depending on the class. Please notify instructor of any fragrance allergies or sensitivity.

GENTLE YOGA: Find inner balance and cultivate mindful awareness in this soft, relaxing, more nurturing practice. Gentle Yoga allows time for more detailed instruction and is less physically challenging than our Vinyasa-inspired classes. Emphasis is on self-awareness, use of breath, proper alignment, and honoring the body. Appropriate for all levels or for those who prefer to move at a slower pace.

YOGA FLOW: Build strength, balance and flexibility as you link breath with movement in this Vinyasa-inspired class. Students will move through a flowing series of Yoga postures while focusing on proper alignment and inner awareness of mind, body, and spirit. The sequence of postures may differ from class to class but will include warm-up, some variation of Sun Salutations, a dynamic standing series, balance and or core work, and various joint openers and stretches. All classes will conclude with final relaxation, leaving you feeling centered and calm. Appropriate for all levels as modifications will be offered.

POWER YOGA: A dynamic, faster-paced class that will tone your body while disciplining your mind. Power Yoga consists of an energetic series of Yoga postures done in sync with breath (Vinyasa-style), with an emphasis on moving fluidly from pose to pose. The result is an enhanced physical strength and stamina, improved flexibility and a calm yet focused mind. All levels welcome, with modications offered for new and advanced students.

STRENGTH CLASSES

CX WORX: ***NEW CLASS!*** Exercising the muscles around the core, CX WORX provides the vital ingredient for a stronger body. A strong core makes you better at all the things you do, from everyday life to your favorite sports - it's the glue that holds everything together. This fun, innovative workout will focus on strengthening your core and all its surrounding areas, including the lower back, hips and glutes – all in just 30 minutes! Trained instructors will guide you through correct technique as you work with resistance tubing, weighted plates, and body-weight exercises such as crunches and planks. All of the moves in CX WORX have options, so classes are challenging but achievable for your own level of fitness. **A Yoga mat is highly recommended for this format.**

BODYPUMP: BodyPump is the original Les Mills barbell class that strengthens your entire body – FAST! This 45 or 60-minute workout will challenge all of your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Using the proven BodyPump formula of lower weight loads combined with higher repetition movements, you'll burn fat, gain strength and produce lean body muscle without bulk. Great music, highly-trained instructors and your choice of weight will inspire you to get the results you came for, and have fun doing it! Space is limited. New participants should arrive early for set-up instructions.

DYNAMIC STRENGTH: A total-body strength class that uses of all of the various fitness "toys" in the studio, including dumbbells, bands, gliding discs, balance pods, Physio Balls and more. Set to music, this non-cardio class will shape and tone your body, while building strength and muscle endurance.

PURE STRENGTH: Work your muscles by learning to lift heavier with fewer repetitions. This class will promote strength, increase bone density and boost metabolism, allowing you to burn more calories even while at rest. Dumbbells, resistance bands & your own body weight will be used.

CARDIO & STRENGTH CLASSES

MOVES & GROOVES: Move & groove your way to better health with tunes from the 80's to contemporary hits of today, including pop, latin and a little bit of country. This cardio class is low in impact, but high in fun! Movement patterns are easy to follow and taken from a variety of disciplines. YOU choose the level of intensity!

INSANITY: A perfect adaptation of the *insanely*-popular at-home workout, the health club version of Insanity has been designed with the Group Exercise participant in mind. Insanity exercises are cardio-based and intended to chisel you from head to toe, using your body weight as resistance. With Insanity-certified instructors, this class gives you a safe, challenging, results-driven experience in 45 minutes. Modifications are shown throughout class in order to provide the ultimate workout, regardless of fitness level.

PUMP & STRETCH: Enjoy a 40-minute express version of BodyPump followed by 20 minutes of yoga-based stretching.

TRX: This challenging 45 minute class will have you breathing hard and feeling muscles you never knew you had! TRX works the whole core all the time, so get ready for great abs and a strong back in addition to a toned, sculpted body! TRX will incorporate strength, flexibility, power, endurance and core into each circuit-style workout.

ULTIMATE INTERVALS: High Intensity Interval Training (or HIIT) is one of the fastest ways to lose fat, preserve muscle and get the most out of your workout time. With Ultimate Intervals, you get it all: 40 minutes of burst-interval training, functional strength exercises and a lengthened cool-down to round out the workout. A variety of modifications will be shown so that everyone succeeds.