

## Capital Square Group X Class Schedule 2024

Time	Studio	Class	Instructor	Duration
<b>MONDAY</b>				
8:30a	GX	Functional Phitness	Virtual	:45
11:30a	GX	Yoga	Katy	:45
5:00p	GX	Yoga	Colin	:60

Time	Studio	Class	Instructor	Duration
<b>TUESDAY</b>				
8:30a	GX	20/15/10	Virtual	:45
10:30a	GX	Yoga Flow	Virtual	:60
11:30a	GX	Functional Phitness	Virtual	:45
5:00p	GX	Mat Pilates	Mel L.	:45

Time	Studio	Class	Instructor	Duration
<b>WEDNESDAY</b>				
8:30a	GX	Yoga Flow	Virtual	:60
11:30a	GX	PINNtervals	Mel	:45
5:00p	GX	High Fitness	Chelsea	:60

Time	Studio	Class	Instructor	Duration
<b>THURSDAY</b>				
8:30a	GX	PINNtervals	Virtual	:60
11:30a	GX	Strength	Adam	:45
5:00p	GX	Vinyasa Yoga	Ruth	:60

Time	Studio	Class	Instructor	Duration
<b>FRIDAY</b>				
8:30a	1	PHIIT	Virtual	:60
11:30a	1	★ TRX Stretch/Mobility	Mel L.	:45

Time	Studio	Class	Instructor	Duration
<b>SATURDAY</b>				
9:00a	1	Straight Up Strength	Trina / Keegan	:60

### Class Policies & Etiquette:

- Please arrive to class on time.
  - Bring a water bottle and towel to each class.
  - Wear comfortable workout attire including non-street fitness shoes.
  - Please clean your equipment after class is complete.
  - Bring your own yoga mat from home, clean it before and after your workout with our supplied cleaning and sanitizing agents.
  - Help to keep our studios clean by depositing all trash, workout towels, etc, in designated bins.
  - Bare-feet are not permitted in the studio unless attending mind/body class.
  - Class registration will be optional; however, we encourage those who would like to continue to receive emails if there are last minute class cancelations, changes with the instructor, or modifications to the class format to continue to register for classes.
- ★ = **Sign up for TRX required**

★ = Sign up is REQUIRED in the Club Systems My Member Mobile App

GX = Group Exercise Studio

Virtual = classes are viewed on the TV in the studio



## FITCHBURG STUDIO CLASSES

### CARDIO CLASSES

**HIIT:** Get ready to take your fitness to the next level! HIIT (High Intensity Interval Training) mixes short bursts of activity with even shorter periods of recovery. HIIT improves cardiovascular health while enhancing strength, promoting muscle and maximizing calorie burn. You'll be addicted to the results! HIIT can be modified to accommodate all fitness levels.

**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?

**ZUMBA:** Enjoy an aerobic fitness class featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. This fun dance fitness class will get you moving and feeling great all along to fun upbeat music.

**CYCLING:** Experience the ride of your life with our Cycling cardio class! Cycling is a fun, and athletic cardio 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.

### 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. 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 modifications offered for new and advanced students.

### STRENGTH CLASSES

**CORE MOBILITY: *NEW CLASS*** Core Mobility is everything you've wanted and more to strengthen your core while working on balance and mobility. This class will challenge your deep core muscles and have you focusing on getting stronger while increasing your mobility and balance. This class is great for any and everyone, our core is our foundation and with a stronger core our bodies can function better as a whole unit.

**BODYPUMP:** BodyPump is the original Les Mills barbell class that strengthens your entire body – FAST! This 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.

**BODY STRENGTH & STRETCH:** Build your total body strength with the resistance of barbells, dumbbells and or resistance bands. After strengthening your muscles a mobility based stretch will be offered to help rejuvenate and elongate your muscles that you just worked helping to aid in your flexibility, recovery and injury prevention. This class will challenge your total body strength and increase flexibility.

**STRAIGHT UP STRENGTH:** Sculpt and define your body through the use of dumbbells, resistance bands, tubing, gliding discs and more to boost metabolism, increase bone density and build lean muscle. Come and enjoy a total body strength training class hitting all your major muscle groups and more.

**FUNCTIONAL PHITNESS:** Work on total body strength while incorporating functional movements to help with balance and coordination. This class uses weights, bodyweight, resistant bands and gliders. This is a great class for all fitness levels wanting to increase balance/stability while getting stronger.

**MAT PILATES:** Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Enjoy all the benefits of strengthening your small muscles along with large muscles. You will love this NEW CLASS!

### CARDIO & STRENGTH CLASSES

**20/15/10: *NEW CLASS!*** 20 minutes of cardio (performed on or around the step), 20 minutes of core exercises (to build those 6-pack muscles) followed by 20 minutes of stretching. The perfect hybrid class!

**TRX CORE:** This 45-minute suspension-training class will help you discover 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! This class will add in the use of dumbbells, balls and more to really hit your core and strengthen it.

**TRX TABATA:** TRX incorporates strength, flexibility, power, and a little bit of cardio for an awesome, well-rounded workout. This class will be a 2:1 interval class, a great mix of cardio and strength to take your fitness to another level.

**INSANITY:** A spin-off of the at-home program, Insanity is a total-body HIIT (High Intensity Interval Training) class that offers low and medium -intensity options for those who want to take it down a notch. Taught by specially-trained, Insanity-certified instructors, Insanity is easy to learn, requires no equipment and delivers a calorie burn that lingers on long after the workout ends. Don't let the name scare you! This class is for everyone.

**PINNtervals: *NEW NAME FOR A FAN FAVORITE!*** Enjoy the benefits of interval-based training at a pace that works for you! PINNtervals is a fat-burning, muscle-enhancing total-body workout that incorporates Tabata-style cardio intervals in addition to resistance training and core conditioning. YOU choose the intensity - Low, Moderate or High - as modifications are always offered in order to guarantee everyone achieves success.

**VIRTUAL CLASSES** through our **YOUTUBE** channel are included in your membership while in our facility! You can experience Virtual Classes in the comfort of your home, while traveling or in one of our studios when they are free. For more information about how to use our **YOUTUBE** channel, contact **Jaelyn @ Jaelyn.wilkinson@phfitness.com**