

# GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM (X) 45 LONG & LEAN W/ MORGAN	<b>*NEW*</b> 6:30 AM (S) 45 SPIN W/ KEVIN	7:30 AM (X) 60 BASE BEAST W/ SAM	6:30 AM (S) 45 SPIN W/ KEVIN	7:00 AM (X) 45 STRENGTH & CONDITIONING W/ JESS	8:00 AM (S) 45 SPIN W/ LISA	9:00 AM (MB) 60 VINYASA YOGA W/ MALKA
12:00 PM (X) 45 BURN W/ COLLEEN	8:00 AM (X) 45 SUPER SCULPT W/ SUSAN	12:00 PM (X) 45 KETTLEBELL & CARDIO W/ PENINA	7:00 AM (MB) 60 POWERFLOW YOGA W/ IULIJA	12:00 PM (BC) 45 TRACK & FIELD W/ EBAI	8:30 AM (MB) 45 TRX W/ MORGAN	10:00 AM (X) 45 TIGHT END W/ ODRIS
6:00 PM (X) 45 BASE BEAST W/ SAM	12:00 PM (S) 45 SPIN W/ DANIEL	6:00 PM (X) 50 BASE BEAST W/ SAM	9:00 AM (X) 45 TIGHT END W/ MORGAN	6:30 PM (MB) 60 SOUL THERAPY YOGA W/ JESS	9:00 AM (S) 45 SPIN W/ LISA	10:00 AM (BC) 60 FIT HIIT W/ SAM
6:30 PM (MB) 60 SOUL THERAPY YOGA W/ JESS	12:00 PM (X) 45 ZUMBA W/ ODRIS	6:30 PM (MB) 30 #ABS W/ ODRIS	12:00 PM (MB) 45 TRX W/ CAIT		10:15 AM (X) 45 BASECAMP W/ JAMES	<b>*NEW*</b> 10:30 AM (MB) 45 BARRE BURN W/ MORGAN
7:00 PM (X) 45 BOOTY CAMP W/ COLLEEN	6:00 PM (X) 45 MINDFUL STRENGTH W/ CAIT	7:00 PM (X) 45 STRENGTH & CONDITIONING W/ JILLIAN	5:30 PM (X) 45 TABATA W/ DANIEL		10:30 AM (MB) 60 VINYASA YOGA W/ MAUREEN	11:00 AM (X) 60 ZUMBA W/ ODRIS
8:00 PM (X) 60 VXN W/ VANESSA	6:30 PM (MB) 60 SOUL THERAPY YOGA W/ JESS	7:15 PM (MB) 60 POWERFLOW YOGA W/ IULIJA			11:15 AM (X) 45 BASECAMP W/ JAMES	11:00 AM (BC) 60 FIT HIIT W/ SAM
	7:00 PM (S) 45 SPIN W/ DANIEL					

QUESTIONS? REACH OUT TO OUR  
DIRECTOR OF GROUP FITNESS,  
JESS JOSEPH. JESS@BASENJ.COM

BC - BASECAMP STUDIO  
MB - MIND & BODY STUDIO  
S - SPIN STUDIO  
X - MAIN STUDIO



**#ABS: AN EXPRESS CLASS WITH MOVEMENTS THAT WILL DEFINE ABDOMINALS, OBLIQUES AND LOWER BACK.**

**BARRE BURN: COME LENGTHEN AND LEAN YOUR BODY AT THE BARRE ! SMALL, REPETITIVE MOVEMENTS WILL TONE AND TIGHTEN ALL AREAS OF BODY. ALL LEVELS WELCOME**

**BASE BEAST: WITH A MIX OF WEIGHT, KETTLEBELL, AND BODYWEIGHT TRAINING, BASE BEAST USES CLASSIC SUPERSETS DONE AT HIGH INTENSITY TO DRIVE RESULTS FOR MUSCLE GAIN, FAT LOSS AND INCREASED CARDIOVASCULAR EFFICIENCY.**

**BASE CAMP: HIIT CLASS FOCUSING ON GOOD MOVEMENT PATTERNS. A COMBINATION OF STRENGTH AND METABOLIC EXERCISES TO INCREASE LEAN MUSCLE MASS, IMPROVE AEROBIC CAPACITY, IMPROVE MOBILITY, AND BURN FAT WITHIN A FUN AND SAFE WORKOUT ENVIRONMENT.**

**BOOTCAMP: THIS IS AN ASS KICKING WORKOUT TO WHIP THE BOOTY INTO SHAPE. WITH A MIX OF CARDIO, STRENGTH AND TONING. THERE IS A SMALL FOCUS ON ABS AND ARMS TOO!**

**BURN: NO MUSCLE LEFT BEHIND! HIIT, TABATA, STRENGTH, CARDIO AND & AMRAP-CIRCUIT TRAINING. COME READY TO GET STRONGER AND SCULPT ALL MUSCLE GROUPS.**

**FIT HIIT: HIGH INTENSITY WORKOUT TO GET YOUR HEART PUMPING THROUGH THE USE OF BODY WEIGHT, FREE WEIGHTS, BANDS, AND STEPS, NO MUSCLE LEFT UNTOUCHED. BE PREPARED TO SWEAT AND HAVE FUN!**

**KETTLEBELL & CARDIO: INTENSE FULL BODY WORKOUT WITH USE OF KETTLEBELLS, FREE WEIGHTS AND BODYWEIGHT.**

**MINDFUL STRENGTH: DEEPENS MIND-MUSCLE CONNECTION. IMPROVES STRENGTH, BALANCE, CORE CONTROL AND MENTAL FITNESS. THIS IS A FULL BODY WORKOUT WITH A DYNAMIC WARMUP- 4 STRENGTH SUPER SETS AND A RELAXING STRETCH.**

**LONG AND LEAN: STRENGTHEN, LENGTHEN AND TONE! JOIN US FOR THIS LOW-IMPACT WORKOUT WITH BODY WEIGHT, FREE WEIGHTS, BANDS, AND BALLS FOR THE ULTIMATE SCULPTING EXPERIENCE. ALL LEVELS WELCOME.**

**POWERFLOW: A YOGA CLASS WITH HINTS OF THE ASHTANGA PRACTICE MIXED THROUGHOUT. EMPHASIS ON BREATH AND FINDING YOUR INNER POWER**

**TABATA: A HIGH-INTENSITY INTERVAL TRAINING THAT CONSISTS OF EIGHT SETS OF FAST-PACED EXERCISES EACH PERFORMED FOR 20 SECONDS FOLLOWED WITH A BRIEF REST OF 10 SECONDS. DESIGNED TO GET YOUR HEART RATE UP AND CHALLENGE YOU. LEARN TO WORK HARD, AND EARN YOUR REST!**

**TRACK & FIELD - CHALLENGING YOU THROUGH AGILITY, ENDURANCE, STABILIZATION, SPEED, REACTION TIME AND POWER. USING THE FOUNDATIONS OF SPORT PERFORMANCE TO BRING OUT YOUR INNER ATHLETE.**

**SOUL MEDITATION: A 30 MINUTE GUIDED MEDITATION. WE WILL FIND STILLNESS WHILE INCORPORATING DIFFERENT BREATHING TECHNIQUES TO BECOME THE OBSERVER OF THE MIND. USING THE FOUNDATIONS OF YOGA THIS PRACTICE WILL HELP GUIDE YOU TO PERCEIVE THE CONSTANT CHATTER OF THE MIND.**

**SOUL THERAPY YOGA: USE YOUR BODY TO CREATE SHAPES THAT NOURISH YOUR SPIRIT. THIS CLASS IS YOUR PAUSE, YIN TO YOUR YANG LIFE. USING THE FOUNDATIONS OF YOGA TO GUIDE YOU THROUGH A MOVING MEDITATION.**

**SPIN: EVERYTHING YOU KNOW AND LOVE ABOUT SPIN, WE WILL HAVE YOU WE WILL RIDE HILLS, JUMPS AND FLAT ROADS. COME PREPARED TO SWEAT.**

**STRENGTH & CONDITIONING: PERFECT COMBINATION OF WEIGHT TRAINING AND CARDIO. TURN IT UP WITH DUMBBELLS, BOOTY BANDS, GLIDERS STEPS AND ROPES! THIS TOTAL BODY CLASS WILL HAVE YOU BREAK A SWEAT, AND PUSH YOURSELF TO NEW LIMITS!**

**SUPER SCULPT: GET READY TO WORK, SWEAT, AND BURN CALORIES. USING YOUR UPPER AND LOWER BODY TO CHANGE AND CHALLENGE HOW YOU WORK OUT. THIS CLASS PROVIDES ALL ELEMENTS YOU NEED FOR TOTAL BODY TONING.**

**TIGHT END: BOOTY AND CORE: CLASS WILL FOCUS ON MOVEMENTS THAT STRENGTHEN MUSCLES IN LEGS AND GLUTES. CARDIO AND CORE MOVEMENTS INCLUDED.**

**TRX: THE TRX USES BODYWEIGHT EXERCISES THAT DEVELOP STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY SIMULTANEOUSLY. TRX TRAINING WORKS OFF THE PRINCIPLES OF PUSH, PULL, PLANK, ROTATE, HINGE, LUNGE AND SQUAT. SOME MOVEMENTS WILL BE DONE OFF THE STRAPS WITH BODYWEIGHT, BANDS OR ADDITIONAL EQUIPMENT TO KEEP YOU CHALLENGED.**

**VINYASA YOGA: A CHALLENGING, VIGOROUS PRACTICE, FOCUSING ON SYNCHRONIZATION OF BREATH WITH CONTINUOUS FLOW OF MOVEMENT. BUILDS HEAT, ENDURANCE, FLEXIBILITY, STRENGTH AND MENTAL FOCUS, INCORPORATING UPLIFTING MUSIC. ALL LEVELS.**

**VXN: DANCE FITNESS FOCUSED ON IMPROVING THE PHYSICAL AND MENTAL WELLNESS OF WOMEN. THIS CLASS CREATES THE LIVE STAGE EXPERIENCE BY INCORPORATING TRENDING CHOREOGRAPHY, MUSICAL REMIXES, AND ATMOSPHERE LIGHTING LEAVING YOU FEELING LIKE A PERFORMER.**

**ZUMBA: A FUSION OF LATIN AND INTERNATIONAL MUSIC DANCE THEMES CREATING DYNAMIC, EXCITING, EFFECTIVE FITNESS SYSTEM! THE ROUTINES FEATURE AEROBIC/FITNESS INTERVAL TRAINING WITH A COMBINATION OF FAST AND SLOW RHYTHMS THAT TONE AND SCULPT THE BODY. ALL LEVELS.**