

# GROUP FITNESS

## Fun Fridays

### NOVEMBER

02 | NOV

#### Strength & Stretch

5:30-6:30pm (GFS) w/Katie

Work all of your major muscle groups from head to toe during the strength session & follow it up with flexibility work to rejuvenate, relax, & reduce the risk of injury.

16 | NOV

#### All Request Spin

5:30-6:30pm (SS) w/Cheryl M.

In this rhythm-driven ride, the instructor will take participants' music requests & integrate them into a challenging workout that responds in real time to the mood of the class.

23 | NOV

#### Fast & Furious Intervals

5:30-6:30pm (SS) w/Cheryl M.

This timed interval class will rely upon segments of self-paced but challenging intervals, followed by equally timed recovery intervals.

30 | NOV

#### Ab Attack

5:30-6:30pm (GFS) w/Katie

Core centered weight & cardio class.

### DECEMBER

07 | DEC

#### It's Been a Long Week

5:30-6:30pm (GFS) w/Cheryl M.

This class will focus on consistent, mid-to lower-level intensity to provide muscular recovery & aerobic zone conditioning to maximize fat burning.

14 | DEC

#### Holiday Detox/Retox

5:30-6:30pm (GFS) w/Katie

Muscle Max & Cardio with festive & fun treats to brighten the season.

21 | DEC

#### Sing Along Spin

5:30-6:30pm (SS) w/Cheryl M.

No actual singing required! This lyric-driven ride will draw upon one-hit-wonders, classics of years gone by & favorite sing-along tunes to help pass a hilarious hour of spinning.

28 | DEC

#### Countdown to the New Year

5:30-6:30pm (GFS) w/Katie

A cardio & weights class with all your favorite Muscles, Moves, & Music.

### JANUARY

04 | JAN

#### New Years Resolution Revolutions

5:30-6:30pm (SS) w/Cheryl M.

This New Year's themed spin class will focus on New Year's gone by (*Party like it's 1999 anyone?*) & on starting with a clean slate for 2019.

Free | Members only | Registration required | 24 hour cancellation fee applies (\$10)