



GROUP FITNESS SCHEDULE: MARCH 2020

(xx) Duration of class time in minutes

** Classes are held at Bath location only**

Unlimited class cardholders may participate in classes at
DeWitt

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		SheFit (60) MBS		SheFit (60) MBS		
7:30am	Body Fusion (60) Haley	Barre (60) Kelsey		Mat Pilates (60) Kelsey	Body Fusion (60) Haley	
10:00am						Yoga (60) Kelsey SheFit (60) MBS
11:15am						P4P (60) MBS
1:00pm						YFF (60) MBS
4:30pm			Circuit (60) Kelly			
5:00pm	TFF (60) MBS		YFF (60) MBS			
6:00pm	FFYL (60) MBS		Pound (60) Karen WC (60) MBS			
6:30pm		SheFit (60) MBS		SheFit (60) MBS		
7:15pm	P4P (60) MBS	P4P (60) MBS				
7:30pm			P4P (60) MBS	SheFit (60) MBS		

Barre: Body sculpting using the ballet barre. Pilates techniques and light weights-resulting in toned lower body, strong arms and flat abdominals.

Body Fusion: A low-impact workout that incorporates ballet-style moves and light weights for a total body tone. These small isometric movements will help sculpt muscles, improve flexibility and balance, and create a long lean physique.

Circuit: Circuit training is a high volume (repetitions), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

Mat Pilates: This mixed level Pilates mat class focuses on strength, precision, and flow of movement. In this small class setting the teacher will present the exercises at multiple levels which allows student to choose to work at a beginning, intermediate, or advanced pace. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

Pound: A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music.

SHiNE: SHiNE choreography encourages your muscles to elongate and your body to flow with routines to make you feel strong, sexy, happy, and confident. Our tribe celebrates life on and off the dance floor

Yoga: A multi-disciplinary class which focuses on alignment and breath awareness while moderately flowing from one posture to the next using breath as the vehicle. Conquest teaches a multi-level yoga which allows students to flow and focus on their breath while detoxing the body, mind, and spirit.



Mind Body Symmetry (MBS), in partnership with Conquest Fitness, now offer a larger selection of classes to help meet your fitness needs! These select classes run for 6 weeks at a time. There is separate pricing for MBS classes.

Fight For Your Life (FFYL): Boxing and strength training class built for the Guys! Recapture your vitality, drop body fat, gain strength, and bring back that warrior inside of you!

Pound4Pound (P4P): An innovative total body boxing and kickboxing workout, featuring strength training.

SheFit (SF): Women's body sculpting group class designed to tone the female figure through weight training. Beginner and advanced levels offered.

Teen Fight Fit (TFF): Fitness, boxing, fun, self-esteem, teamwork, and self-defense; while encouraging anti-bullying. For Teenagers

Youth Fight Fit (YFF): Fitness, boxing, fun, self-esteem, teamwork, and self-defense; while encouraging anti-bullying.

Warrior Cardio (WC): A blend of fat burning & strength circuits, core and boxing combinations.