

# SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 8:45 Cardio + Stretch	2 <b>NO CLASS HAPPY LABOR DAY</b>	3 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	4 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt	5 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	6 8:30 Cardio Sculpt 9:30 UPLIFT	7 8:15 Power Sculpt 9:30 Power Sculpt
8 8:45 Cardio Sculpt	9 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	10 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	11 8:30 Cardio Sculpt 9:30 UPLIFT 4:45: Power Sculpt 6:00: Cardio Sculpt	12 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	13 8:30 Cardio Sculpt 9:30 UPLIFT	14 8:15 Power Sculpt 9:30 Power Sculpt
15 8:45 Cardio + Stretch 10:00 PumpedUp45	16 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	17 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: <b>HELPER DAYS</b>	18 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00: Cardio Sculpt	19 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	20 8:30 Cardio Sculpt 9:30 UPLIFT	21 8:15 Power Sculpt 9:30 Power Sculpt
22 8:45 Cardio + Stretch	23 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	24 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: <b>HELPER DAYS</b>	25 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00: Cardio Sculpt	26 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	27 8:30 Cardio Sculpt 9:30 UPLIFT	28 8:15 Power Sculpt 9:30 Power Sculpt
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**THE FITNESS STUDIO**  
TFSDEWITT.COM *of DeWitt*

**TRY YOUR FIRST WEEK FOR JUST \$10!** Contact Lindsay at [lindsaympost@gmail.com](mailto:lindsaympost@gmail.com) or 517-242-0872.

Schedule is subject to change without notice. Updates are shared in TFS Community Group app.

**CLASSES IN BLACK = CONQUEST FITNESS (13575 Airport Rd, Lansing, MI 48906)**

**CLASSES IN BLUE = CHRIST UNITED CHURCH (1000 W. Webb Rd, DeWitt, MI 48820)**

**HELPER DAYS = NEW LOCATION SITE (4229 W. HOWE RD. DEWITT, MI 48820)**

# OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: <b>HELPER DAYS</b>	2 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt	3 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	4 8:30 Cardio Sculpt 9:30 UPLIFT	5 8:15 Power Sculpt 9:30 Power Sculpt
6 8:45 Cardio + Stretch	7 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	8 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: <b>HELPER DAYS</b>	9 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00 Cardio Sculpt	10 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	11 8:30 Cardio Sculpt 9:30 UPLIFT	12 8:15 Power Sculpt 9:30 Power Sculpt
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# THE FITNESS STUDIO

*of DelWitt*

## **BARRE**

No dance experience is required! Barre fuses the best of Pilates, yoga, aerobics, and strengthening exercises dancers do to improve posture, flexibility, overall body strength, and balance.

## **CARDIO SCULPT**

Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by strength training and stretching.

## **CARDIO SCULPT LO**

This low-impact, dance-based cardio and strength class is designed with you in mind. High-impact movements are replaced with hop-less alternatives to protect the joints. All are welcome and encouraged to try this muscle-driven workout, but make no mistake - you will leave sweating and feeling accomplished!

## **INTERVAL SPIN**

Get some cycling in along with targeted work for your arms and abs! This format takes place partially on the bikes as well as off the bikes utilizing a variety of equipment.

## **POWER SCULPT**

Fire up your metabolism in this HIIT class combining high-intensity, dance-based cardio with intervals of targeted strength work. Finish with concentrated strength training.

## **PUMPED UP STRENGTH**

A new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

## **SCULPT**

Build lean muscle in this strength training class. You'll squat, push-up and plank your way to total-body wellness with routines that sculpt and tone every muscle in your body.

## **SHINE DANCE FITNESS**

Founded in jazz, ballet, and hip-hop, SHiNE choreography encourages muscles to elongate and the body to flow with routines to make you feel strong, sexy, happy, and confident.

## **STRETCH**

This dance-inspired flow of dynamic and static stretching restores your muscles and resets your mind so you're ready for your next workout.

## **TOTAL BODY WORKOUT (TBW)**

Increase strength and improve metabolism and flexibility. A variety of training equipment and exercises are used throughout the class. All fitness levels are welcome!

## **UPLIFT STRENGTH TRAINING**

The perfect balance of effective and FUN! Start with a cardio warm-up and transition to standing routines with equipment, alternating upper and lower body, followed by a balance track before transitioning to the mat. Complete the workout with routines for the core, booty, abs, and chest, and a cool down with deep stretching.

## **YOGA**

A multi-disciplinary class focusing on alignment, and breath awareness while moderately flowing from one posture to the next using breath as the vehicle.