

# NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 8:30 Cardio Sculpt 9:30 UPLIFT	2 8:15 Power Sculpt 9:30 Power Sculpt
3 8:45 Cardio + Stretch	4 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	5 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: HELPER DAYS	6 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00 NO CLASS	7 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	8 8:30 Cardio Sculpt 9:30 UPLIFT	9 8:15 Power Sculpt 9:30 Power Sculpt
10 8:45 Cardio Sculpt 10:00 PumpedUp45	11 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	12 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: HELPER DAYS	13 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00 Cardio Sculpt	14 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	15 8:30 Cardio Sculpt 9:30 UPLIFT	16 8:15 Power Sculpt 9:30 Power Sculpt
17 8:45 Cardio + Stretch	18 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	19 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: HELPER DAYS	20 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00 Cardio Sculpt	21 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp45	22 8:30 Cardio Sculpt 9:30 UPLIFT	23 8:15 Power Sculpt 9:30 Power Sculpt
24 8:45 Cardio Sculpt 10:00 PumpedUp45	25 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	26 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: HELPER DAYS	27 8:30 Cardio Sculpt 9:30 Interval Spin 4:45: Power Sculpt 6:00 Cardio Sculpt	28 NO CLASS HAPPY THANKSGIVING!	29 HARVEST HUSTLE! Get back to class! 8:30 Cardio Sculpt 9:30 UPLIFT	30 8:15 Power Sculpt 9:30 Power Sculpt

## 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 on Facebook.

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)

THE FOLLOWING CLASSES ARE AFFILIATED WITH JAZZERCISE. TFS MEMBERS, PLEASE RESERVE YOUR SPOT FOR THESE CLASSES VIA THE JAZZERCISE APP!  
CARDIO SCULPT, POWER SCULPT, SCULPT, CARDIO + STRETCH, AND POWER SCULPT

# DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 8:45 Cardio + Stretch	2 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	3 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: HELPER DAYS	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 9:30 HOLIDAY CLASS!
8 8:45 Cardio Sculpt 10:00 PumpedUp45	9 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	10 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6-8: HELPER DAYS	11 8:30 Cardio Sculpt 9:30 Interval Spin 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	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: HELPER DAYS	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 Sculpt 10:00 PumpedUp45	23 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	24 NO CLASS  HAPPY HOLIDAYS!	25 NO CLASS  HAPPY HOLIDAYS!	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
29 8:45 Cardio + Stretch	30 8:30 TBW45 9:30 SHiNE45 4:45 Cardio Sculpt	31 8:30 Cardio Sculpt 9:30 Yoga  NO PM CLASSES HAPPY NEW YEAR!				

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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 (JAZZERCISE)**

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

## **CARDIO SCULPT LO (JAZZERCISE)**

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 (JAZZERCISE)**

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 (JAZZERCISE)**

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 (JAZZERCISE)**

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.