

September Group Fitness



WARREN
SPORTS & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Gym Floor Studio Spin Room</p> <p>Facility Hours: M-F 5:30AM-9PM Sat 7AM-3PM</p>	<p>*Classes are subject to change. Please sign up for text alerts by texting WSF to 84576.*</p> <p>Class descriptions are on the back. Some classes may not be available at this time.</p>		<p>1 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>2 HIIT 6:30AM C&S 8:00AM</p>	<p>3 Step 101 10AM</p>
<p>5 CLOSED Labor Day</p>	<p>6 Spin 6AM Sweat & Shred 9:15AM Bodies in Motion 10:30AM FitFusion 11AM</p>	<p>7 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM Spin 6PM</p>	<p>8 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>9 HIIT 6:30AM C&S 8:00AM</p>	<p>10 Step 101 10AM</p>
<p>12 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10AM Yoga 5PM</p>	<p>13 Spin 6AM Sweat & Shred 9:15AM Bodies in Motion 10:30AM FitFusion 11AM</p>	<p>14 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM Spin 6PM</p>	<p>15 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>16 HIIT 6:30AM C&S 8:00AM</p>	<p>17 Step 101 10AM</p>
<p>19 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10AM Yoga 5PM</p>	<p>20 Spin 6AM Sweat & Shred 9:15AM Bodies in Motion 10:30AM FitFusion 11 AM</p>	<p>21 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM Spin 6PM</p>	<p>22 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>23 HIIT 6:30AM C&S 8:00AM</p>	<p>24 Step 101 10AM</p>
<p>26 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10AM Yoga 5PM Spin 6PM</p>	<p>27 Spin 6AM Sweat & Shred 9:15AM Bodies in Motion 10:30AM FitFusion 11 AM</p>	<p>28 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM Spin 6PM</p>	<p>29 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>30 HIIT 6:30AM C&S 8:00AM</p>	<p>I CAN DO ALL THIS THROUGH HIM WHO GIVES ME STRENGTH</p> <hr/> <p>PHILIPPIANS 4:13</p>

Childcare hours Monday-Thursday, 9AM-12PM.

Mat availability is limited. Please bring a mat if you plan to attend class on a regular basis.

HIIT with Lane | High-Intensity Interval Training, HIIT, builds cardiovascular fitness while improving muscular strength and endurance. This class is ideal for someone looking to burn serious calories through intense cardio movements! *Best for intermediate to advanced levels.*

Bodies in Motion with Kathy | A class for our mature adults using a variety of support positions with a chair, designed to improve overall functional fitness. Safe, fun and effective movements with hand-held weights, elastic tubing, and a ball. Best for our active adult crowd! *All levels welcome*

Cardio & Sculpt (C&S) with Angela & Susan | One of our most popular, long-standing classes that incorporates endurance, strength and flexibility. The class starts with fun cardio, then incorporates strength training movements and ends with stretching exercise. *All levels welcome.*

TruStretch with Kathy | Tight muscles? Limited mobility? This class is great to help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. *All levels welcome.*

UpLift with Cherie | Designed for women 16 and up, this class focuses on strength training, barbell movements and community. Get ready to work hard and have fun! *All levels welcome.*

Yoga with Priscilla | This class consists of deliberate, concentrated movements and postures designed to promote flexibility, tone and strengthen muscles and align the body. Learn basic Yoga postures that help develop strength, balance, and flexibility. *All levels welcome. (M/Th, 5PM)*

Barre with Winter | Take it to the barre with unique, ballet inspired movements that incorporate modern day Pilates and strength training. This class is built for the burn.

More than Yoga with Sue | Join Sue for this beginner to intermediate yoga class designed to engage your body, mind, heart and soul through challenging poses and scripture meditation. (Thurs, 9:15AM)

Fit Fusion with Jenna | This class is for the mat class lover! From barre to Pilates, this class will challenge your body, mind and soul. All levels welcome. Mats & Sticky socks recommended.

Sweat & Shred with Cindy | This functional fitness class combines intervals of cardio (step or floor), strength, and balance, and finishes with core specific training and flexibility. Appropriate for ALL fitness levels. (Tuesdays at 9:15 AM)

Spin | Our spin class includes fast-paced upbeat tracks to help build the heart rate at different intervals over the course of the workout with alternating periods of sitting and standing, as well as adjusting the intensity of the bike. Classes average around 45 minutes in length, and it's a great idea to grab one of our towels and bring your water bottle with you to this class – you're going to need both! If it is your first time taking spin, please arrive early to insure proper set up of the bike. *All levels welcome.*

Step with Stacey | A traditional step class with fun, upbeat music and strength movements guaranteed to improve your cardiovascular health and muscle tone. Modifications available for all levels! *Mondays are geared for intermediate students while Saturdays help students develop basic combos and simple routines.*