

# Group Fitness

# SEPTEMBER

# WARREN SPORTS & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Gym Floor</b> <b>Studio</b> <b>Spin Room</b></p> <p>Class descriptions are on the back.</p>		<p>This is the <i>Day</i> that the Lord has made; let us <i>Rejoice</i> and be glad in it. <i>Psalm 118:24</i></p> 		<p>1 Friday Fitness 8:30AM Friday Flexibility 9:15 AM</p>	<p>2</p>
<p>4</p> <p>★★★★★</p> <p><b>WE WILL BE CLOSED ON</b></p>  <p><b>LABOR DAY</b></p>	<p>5 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM 45-Minute Fit 5:30PM</p>	<p>6 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30AM WarrenFit 5PM</p>	<p>7 Spin 6AM More than Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>8 Friday Fitness 8:15AM Friday Flexibility 9:15AM</p>	<p>9</p>
<p>11 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Yoga 5PM Bootcamp 6:15PM</p>	<p>12 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM 45-Minute Fit 5:30PM</p>	<p>13 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30AM WarrenFit 5PM</p>	<p>14 Spin 6AM More than Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>15 Friday Fitness 8:15AM Friday Flexibility 9:15AM</p>	<p>16</p>
<p>18 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Yoga 5PM Bootcamp 6:15PM</p>	<p>19 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM 45-Minute Fit 5:30PM</p>	<p>20 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30AM Golden Barre 1:30PM WarrenFit 5PM</p>	<p>21 Spin 6AM More than Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>22 Friday Fitness 8:15AM Friday Flexibility 9:15 AM</p>	<p>23</p>
<p>25 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Golden Barre 1:30PM Yoga 5PM Bootcamp 6:15PM</p>	<p>26 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM 45-Minute Fit 5:30PM</p>	<p>27 HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30AM Golden Barre 1:30PM WarrenFit 5PM</p>	<p>28 Spin 6AM More than Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>29 Friday Fitness 8:15AM Friday Flexibility 9:15 AM</p>	<p>30</p>

# Class Descriptions

**Active Agers w/ Kendra & Sue** | This class is designed for the mature adult looking to improve strength and flexibility. Certified in Active Aging, Kendra and Sue will help you meet your fitness and wellness goals! *(M & W, 8AM)*

**Barre with Winter** | Take it to the Barre with unique, ballet inspired movements that incorporate modern day Pilates and strength training. *(W, 6 PM)*

**Bodies in Motion with Kathy** | A class for our active, mature adults using a variety of support positions with a chair, designed to improve overall functional fitness. Safe, fun and effective movements with weights, elastic tubing, and a ball. *All levels welcome (T & TH, 10:30 AM)*

**Bootcamp with Kristen** | This class is geared towards all levels. Expect a fun new workout each week designed to challenge your whole body! *(M, 6:15 PM)*

**Cardio & Sculpt (C&S) with Angela** | This popular and longstanding class incorporates cardio, endurance, strength and flexibility. *All levels welcome. (M & W, 9:15 AM)*

**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. (T & TH, 11 AM)*

**Friday Fitness with Sue** | This circuit based class focuses on strength, endurance, proper body alignment and balance. *All levels welcome. (F, 8:30-9:05 AM)*

**Friday Flexibility with Sue** | Add flexibility to your exercise routine in this mat based class. We focus on gently loosening the joints and simple static stretching to improve range of motion and functional movement. *All levels welcome. (F, 9:15-10 AM)*

**Golden Barre with Cherie** | Strengthen your hips, arms and core with this mature-adult focused barre class. Light weights, barre and chair work included. Great for those looking to improve posture! *All levels welcome. (M & W 1:30 PM)*

**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. (M & W, 6:30 AM)*

**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. *(TH, 9:15AM)*

**TruStretch with Kathy** | This class is will help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. *All levels welcome. (W, 10:30 AM)*

**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. (M & W, 9:15AM)*

**Spin** | This indoor cycling class includes fast-paced upbeat tracks and alternating periods of sitting and standing for an amazing interval workout. If it is your first time, please arrive early to insure proper bike set up and bring a towel and water! *All levels welcome. (T & TH, 6AM)*

**WarrenFit with Perry** | Join Level 1/Level 2 CrossFit certified instructor, Perry, for this community-based class programmed to challenge your functional fitness. *Best for intermediate to advanced levels. (W, 5 PM)*

**Yoga with Priscilla** | Learn basic Yoga postures that help develop strength, balance, and flexibility. *All levels welcome. (M & TH, 5PM)*

**45-Minute Fit with Sarah** | This class incorporates cardio, bodyweight movements and resistance training to build muscular endurance. Recommended for intermediate to advanced levels but modifications will be given. *(T, 5:30-6:15 PM)*

**Facility Hours: Monday-Friday, 5:30 AM-9 PM, Saturday, 7 AM-3 PM**

**Childcare Hours: Monday-Thursday, 9 AM-12 PM (Pre-registration is required)**

**Pickleball: For more info go to <https://warren.church/ministries/wsf/>**

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

**Classes are subject to change. Please sign up for text alerts by texting WSF to 84576.**