



# GROUP FITNESS SCHEDULE

**WARREN**  
SPORTS & FITNESS

GYM						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	HIIT		HIIT			
9:15 AM	CARDIO & SCULPT		CARDIO & SCULPT			
10:00 AM		BODIES IN MOTION		BODIES IN MOTION		
11:00 AM		BODIES IN MOTION		BODIES IN MOTION		

GROUP FITNESS STUDIO						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM					<b>LesMILLS BODYPUMP</b>	
8:15 AM					FRIDAY FITNESS	<b>LesMILLS BODYPUMP</b>
9:00 AM						
9:15 AM	<b>LesMILLS BODYPUMP</b>	POWER UP (9:20)	<b>LesMILLS BODYPUMP</b>	YOGA	FRIDAY FLEXIBILITY	STEP
10:15 AM		 ZUMBA		 ZUMBA	ZUMBA	
10:30 AM	ACTIVE AGERS		ACTIVE AGERS			
11:30 AM			TRUE STRETCH			
12:00 PM		FIT FUSION		FIT FUSION		
4:00 PM	YOGA			YOGA		
5:15 PM	<b>LesMILLS BODYPUMP</b>		<b>LesMILLS BODYPUMP</b>			
5:30 PM		STEP				
6:15 PM	BOOT CAMP			BOOTCAMP		

SPIN ROOM						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		SPIN		SPIN		
9:15 AM		SPIN		SPIN		
5:30 PM	SPIN	SPIN				

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

Modified 1/25

# 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, 10:30 AM)*

**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 AM & 11 AM)*

**BODYPUMP®** | BODYPUMP is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit! *(See Schedule)*

**BOOTCAMP** with Kristen | This class is geared towards all levels. Expect a fun new workout each week designed to challenge your whole body!

**CARDIO & SCULPT** 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, 12 PM)*

**FRIDAY FITNESS** with Sue | This circuit-based class focuses on strength, endurance, proper body alignment and balance. All levels welcome. *(F, 8:15-9:00 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)*

**HIIT** with Nolton | 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)*

**POWER UP** with Cherie | Improve your explosive cardiovascular movements with focus, form and fun. Don't be scared! This class is great for all levels and body types. *(T, 9:15 AM)*

**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 ensure proper bike set up and bring a towel and water! All levels welcome. *(T & TH, 6 AM and 9:15 AM, M & T, 5:30 PM)*

**STEP** with Stacey | The perfect step fitness class for both the new and seasoned step student. *(T, 5:30 PM, SAT, 9:15 AM)*

**TRUSTRETCH** with Kathy | This class will help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. All levels welcome. *(W, 11:30 AM)*

**YOGA** | Learn basic Yoga postures that help develop strength, balance, and flexibility. All levels welcome. *(TH, 9:15 AM, M & TH, 4PM)*

**ZUMBA®** with Anna | Zumba® is an interval-style dance fitness class that combines low-intensity and high intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

*(T & TH 10:15 AM)*

**Hours of Operation: M-F | 5AM-9PM SAT | 7AM-7PM**

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

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

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**Mat availability is limited.**

**Please bring a mat if you plan to attend class on a regular basis.**