




Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
6:00 am		 Maribeth & Mamo	 Sara	 Ronna					
8:10 am	 Jerrie	 Sue	8:20 - 9:00 w/Chris  \$	 Jerrie	 Sue	8:15 am  Alex	8:30 am  Lori		
9:10 am	<b>6-Week Trial Starts 3/18!</b>  Christina	 Becca	 Angel	Express 40 minutes  Lori	Last Class 3/08 Temporarily Off Schedule 	9:10 am  Alex or Ann	9:35 am  Lori		
9:55 am				9:55  Lori		9:30 am  Ann or Lori	10:15 am  Chris		
10:35 am	 Lorri	 Chris	 Sarah	 Jerrie	 Sue or Jodi				
12:05 pm		 Pam		 Pam	 Pam				
		 <b>IT'S BACK! GENTLE YOGA, WEDNESDAY 10:35 am</b> Come meet Sarah and practice a gentle yoga experience with a mix of standing postures and lots of gentle floor work for your mid week re-set.							
4:30 pm	4:30 - 5:10 w/Chris  \$								
5:30 pm	Express 40 minutes  Sara	 Ronna	 Becca & Rachael	Express 40 minutes  Kodi					
6:15 pm	6:15 - 6:45  Sara	6:30  Sara	6:40 - 7:20 w/Chris  \$	6:15 - 6:45  Sara	6:50  Vicki				
6:40 pm									
6:50 pm									

## MONDAY BODYSTEP is BACK!



Join Christina Colgan for the ultimate STEP class. A simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear.

**Six-week trial starts Monday March 18<sup>th</sup>**



Paid small group training:  
TRX Suspension Training Classes  
Build balance, strength & flexibility  
Pre-registration required

Questions about our schedule or classes? Stop by the front desk or email [groupfit@whetstonefit.com](mailto:groupfit@whetstonefit.com)

Receive text message alerts to class changes or cancellations.  
Text "WFMSGs" to 84483



## Group Fitness Class Descriptions

### PowerHour

Expect a total body conditioning workout that pushes you at your own pace using strength and cardio exercises to target all muscle groups. You will use free weights, resistance bands, weighted bars, steps and then foam rolling for those tight muscles. Expect to increase your calorie burn to improve your endurance for heart and lung health, while having fun.

### LES MILLS CXWORX

During the 30-minute workout, our instructors guide you through correct technique as you work with resistance tubes and light weights. CXWORX hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.



**The ultimate STEP class.** A simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear. Using simple-to-follow moves and a great mix of pop music, BODYSTEP allows you to train at the intensity you want without having to learn a complicated sequence of moves. You control how hard you work by simply altering the height of your step.



**Ride it like you stole it.** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Millions of older adults are taking stock of their health and hitting the gym to get the physical activity they need to keep their muscles strong and prevent many health problems such as heart disease, diabetes, colon cancer and high blood pressure. Classes are designed for older adults who want to feel better, be independent and live an active lifestyle.

### Gentle Yoga

This class is designed for beginners and will provide a basic framework to anyone who is new to Yoga. Learn the basic principles of Yoga and simple breathing techniques in a safe and welcoming environment. Practice standing postures and lots of gentle floor work for your mid-week re-set.

### CorePower

15 to 25 minutes of concentrated focus on your abs and back = Your Core!  
Classes vary from body-weight only exercises (crunches, planks, bridges) or use hand weights, stability ball & bands.

### RetroStep

A free style moderately paced step class. Perfect for all fitness levels. All step moves and combinations can be modified to suit your needs. A welcoming group of all ages will greet you. Fun fitness along with an easy going atmosphere!

### TRX EXPERIENCE IT HERE

**Paid small group training:** TRX Suspension Training classes are designed to build balance, strength & flexibility for people of all ages and at all fitness levels by leveraging gravity and your bodyweight to deliver a fast, effective total-body workout. (pre-registration required)



**Real Results ... Real Fast.** BODYPUMP classes use barbells and adjustable weights to tone and condition muscles while raising your metabolic rate for rapid fat-burning.



**BODYFLOW™ is the Yoga, Tai Chi, Pilates** workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



**The empowering Martial Arts workout!** Explosively popular in clubs around the world, BODYCOMBAT® combines kicks, strikes and katas from a range of self-defense disciplines like karate, boxing and taekwondo into an hour-long energetic routine.

### StabilityBall

Use the stability ball to work the muscles of your abdomen, lower back, gluteals and the muscles around your hips and shoulders by challenging your balance on an unstable surface (the ball). A great class for those who want to develop spinal stability to reduce back pain and improve posture, balance and coordination.

### RevUp!

Start with **30 minutes of cycling** to raise your heart rate with cardiovascular training (*get a stronger heart & lungs!*) • Continue the burn with body weight exercises or light to moderate weights for **core work** (*build a foundation of strength!*)



### Chair Yoga

Use the chair for added stability as you work through a series of seated and standing yoga poses to gently stretch, strengthen and restore your body.