

GROUP FITNESS CLASSES

April 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

All classes are FREE

Please bring water & a towel

For information about classes, contact the Potter Fitness Center. Schedule is subject to change without notice based upon instructor availability. We encourage you to try a variety of classes, there are options for all fitness levels. All instructors hold nationally recognized certifications and are trained in CPR.

			1 HIGH Fitness 5:15-6:15 a.m. Strong Nation 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Zumba 5:15-6:15 p.m. Hatha Yoga 6:30-7:30 p.m.	2 Family Day 8 a.m.-8 p.m. Cardio Kick & Step 9-10 a.m. Strong Nation 11-11:30 a.m. Hatha Yoga 11:45 a.m.-12:45 p.m. HIIT 5-6 p.m.	3 HIGH Fitness 8-9 a.m. Zumba 10:15-11:15 a.m.
5 HIGH Fitness 5:15-6:15 a.m. Zumba 9-10 a.m. Ashtanga Yoga 11:30 a.m.-12:30 p.m. HIIT 5:15-6:15 p.m. Ashtanga Yoga 6:30-7:30 p.m.	6 HIGH Fitness 5:15-6:15 a.m. Cardio Kick & Step 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Indoor Cycling 5:15-6:15 p.m. Vinyasa Yoga 6:30-7:30 p.m.	7 HIIT 9-10 a.m. Vinyasa Yoga 11:45 a.m.-12:45 p.m. Zumba 5-6 p.m. Strong Nation 6:30-7:30 p.m.	8 HIGH Fitness 5:15-6:15 a.m. Strong Nation 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Zumba 5:15-6:15 p.m. Hatha Yoga 6:30-7:30 p.m.	9 Cardio Kick & Step 9-10 a.m. Strong Nation 11-11:30 a.m. Hatha Yoga 11:45 a.m.-12:45 p.m. HIIT 5-6 p.m.	10 HIGH Fitness 8-9 a.m. Zumba 10:15-11:15 a.m.
12 HIGH Fitness 5:15-6:15 a.m. Zumba 9-10 a.m. Ashtanga Yoga 11:30 a.m.-12:30 p.m. HIIT 5:15-6:15 p.m. Ashtanga Yoga 6:30-7:30 p.m.	 NO CLASSES POTTER FITNESS CENTER CLOSED 			16 Cardio Kick & Step 9-10 a.m. Strong Nation 11-11:30 a.m. Hatha Yoga 11:45 a.m.-12:45 p.m. HIIT 5-6 p.m.	17 HIGH Fitness 8-9 a.m. Zumba 10:15-11:15 a.m.
19 HIGH Fitness 5:15-6:15 a.m. Zumba 9-10 a.m. Ashtanga Yoga 11:30 a.m.-12:30 p.m. HIIT 5:15-6:15 p.m. Ashtanga Yoga 6:30-7:30 p.m.	20 HIGH Fitness 5:15-6:15 a.m. Cardio Kick & Step 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Indoor Cycling 5:15-6:15 p.m. Vinyasa Yoga 6:30-7:30 p.m.	21 HIIT 9-10 a.m. Vinyasa Yoga 11:45 a.m.-12:45 p.m. Zumba 5-6 p.m. Strong Nation 6:30-7:30 p.m.	22 HIGH Fitness 5:15-6:15 a.m. Strong Nation 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Zumba 5:15-6:15 p.m. Hatha Yoga 6:30-7:30 p.m.	23 Cardio Kick & Step 9-10 a.m. Strong Nation 11-11:30 a.m. Hatha Yoga 11:45 a.m.-12:45 p.m. HIIT 5-6 p.m.	24 HIGH Fitness 8-9 a.m. Zumba 10:15-11:15 a.m.
26 HIGH Fitness 5:15-6:15 a.m. Zumba 9-10 a.m. Ashtanga Yoga 11:30 a.m.-12:30 p.m. HIIT 5:15-6:15 p.m. Ashtanga Yoga 6:30-7:30 p.m.	27 HIGH Fitness 5:15-6:15 a.m. Cardio Kick & Step 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Vinyasa Yoga 6:30-7:30 p.m.	28 HIIT 9-10 a.m. Vinyasa Yoga 11:45 a.m.-12:45 p.m. Zumba 5-6 p.m. Strong Nation 6:30-7:30 p.m.	29 HIGH Fitness 5:15-6:15 a.m. Strong Nation 9-10 a.m. Cardio Blast 11:45 a.m.-12:15 p.m. Zumba 5:15-6:15 p.m. Hatha Yoga 6:30-7:30 p.m.	30 Cardio Kick & Step 9-10 a.m. Strong Nation 11-11:30 a.m. Hatha Yoga 11:45 a.m.-12:45 p.m. HIIT 5-6 p.m.	



GROUP FITNESS CLASSES April 2021 CLASS DESCRIPTIONS

ASHTANGA YOGA: Traditional Indian Vinyasa flow. This is a class recommended for those who are familiar with yoga poses and Vinyasa flow. All levels welcome, but having some yoga knowledge will benefit students in this class. This flow does not change as it is a modified version of the full Ashtanga Primary Series A flow. It is a great way to see growth in your yoga journey and build strength and flexibility with consistent attendance.

CARDIO BLAST: This short class encompasses weighted and body weight exercises to gain muscle mass while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth and excess fat loss during your lunch break.

CARDIO KICK & STEP: Cardio kick and step brings a whole new twist to step. It combines step and Cardiobox, so plan on a lot of fast paced movements and footwork to better improve your aerobic fitness.

HATHA YOGA: This is a great class to begin your yoga journey. The flow is slower and poses are held for much longer. All levels are welcome. This is a great class for beginners as it allows time to understand the pose and find the proper alignment for their body before moving to the faster paced flows.

HIGH FITNESS: HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines fun (pop songs of old and new that everyone knows and loves) with intensity (interval, plyometrics and cardio) with consistency (each song has specific simple moves). Together they make a recipe for success, repeat participation and results! Get addicted to being fit!

HIIT: High intensity interval training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and rev up your metabolism.

INDOOR CYCLING: An exhilarating cardiovascular workout on an indoor stationary bike. Burn calories and increase your fitness level as you pedal through interval drills, hill climbs, sprints and other challenging drills.

STRONG NATION: This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge and burpee are driven by the music, helping you make it to that last rep and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Participants will need a mat; the fitness center does have some available but you are welcome to bring your own.

VINYASA YOGA: Creative flow that joins movement with breath. This is a faster flow that uses a variety of yoga poses and techniques. All levels welcome. Beginners may feel lost at first, but consistent attendance will help build the knowledge of poses, and the strength and flexibility necessary for those poses.

ZUMBA: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an intervalstyle, calorie-burning dance fitness party.