

CYCLING ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15A		Sprint Terina		RPM Ali	
9:15A	sprint Kat				sprint Vicky
12:15P		RPM Aylin			sprint Kat
5:30P	sprint Sam		sprint Sam		
6:15P	RPM Sam	sprint Nancy		sprint Vicky	

WEEKEND SCHEDULE

	Saturday	Sunday
8:30A	RPM Erik	
9:30A	sprint Erik	
2:00P		

GROUP FITNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15A	BODYPUMP Ali		BODYPUMP Ali		BODYSTEP Katie
8:30A	CORE Brooke				CORE Jaime
9:15A	BODYCOMBAT Brooke	BODYPUMP Kat	ZUMBA Kristi	BODYPUMP Brooke G	BODYSTEP Jaime
10:15A		BODYSTEP Brooke		BODYBALANCE Kat	ZUMBA Kristi
11:15A					
12:15P	BODYPUMP Jaime		CORE Jaime		
4:30P			BODYPUMP Katie		
5:30P	BODYPUMP Katherine	BODYCOMBAT Aylin		BODYSTEP Katie	
5:45P			CORE Terina		
6:30P	BODYCOMBAT Nancy	BODYPUMP Candace L	ZUMBA Laura	BODYPUMP Aylin	ZUMBA Laura
7:30P	BODYBALANCE Melissa	ZUMBA Leida		MIXEDFIT Leida	

WEEKEND SCHEDULE

	Saturday	Sunday
8:30A	BODYPUMP Lauren S.	
9:30A	BODYCOMBAT Nancy	
10:30A	MIXEDFIT Rotation	
3:00P		BODYBALANCE Tina



BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you get a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.



RPM™ is a group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!



BASIC STEPPING, just like walking up and down stairs, is at the heart of **BODYSTEP™** - a full-body cardio workout to really tone your butt and thighs.



BODYCOMBAT™ is a high-energy martial-arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories** in a class. No experience needed. Learn moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu. Release stress, have a blast and feel like a champ Bring your best fighter attitude and leave inhibitions at the door.



BODYBALANCE 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.



Exercising muscles around the core, **CORE** provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do. All the moves in CORE have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers and hip, butt and lower back exercises.



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.



The cardio craze! Cardio dance fitness workout along with great energetic music, fantastic choreography and an array of Latin steps such as Meringue, Salsa, Reggaeton, Cumbia, Mambo and much more. **DANCE YOUR WAY TO FITNESS!**



Discover this people inspired fitness program that is a mix of explosive dancing and boot camp toning! Lose yourself dancing to some of our favorite songs on the radio. Our choreography is repetitive and easy to follow. Join the MIXXEDFIT TRIBE!



**3049 Tower Road
Columbus, GA 31909
706.221.1204**

CLUB HOURS

Open 24 hours from Mon 5am – Friday 9pm
Saturday 8am–6pm
Sunday 10am–5pm

KIDZ CLUB HOURS

Monday - Thursday 8:15am–1:30pm; 4:00pm–8:30pm
Friday 8:00am–1:00pm; 4:00pm–7:30pm
Saturday 8:15am–1:00pm | Sunday 1:00pm–5:00pm