



TEMPORARY GROUP FITNESS SCHEDULE!

ALL CLASSES ARE FOR EVERY FITNESS LEVEL!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Total Body Toner w/ Lawrence (Studio & Zoom)	Strength w/ Ryan H. (Studio & Zoom)	Cardio/Box Intervals w/ Lisa (Studio & Zoom)	20 x 3 w/ Ryan H. (Studio & Zoom)	Dance Fitness w/ Lisa (Studio & Zoom)		
8:00AM		Low Impact Cardio w/ Donna (Studio & Zoom)		Dance Fitness w/ Lisa (Studio & Zoom)			
9:00AM	Sculpt Intervals w/ Bridget (Studio & Zoom)	Cycling w/ Trish	Pilates w/ Bridget (Studio & Zoom)	Cycling w/ Julie	Cardio/Box Variety w/ Bridget (Studio & Zoom)		
		Strength w/ Lisa (Studio & Zoom)		Strength w/ Lisa (Studio & Zoom)			
12:00PM		Muscle Strength w/ Judy (Studio & Zoom)	Pilates w/ Bridget (Studio & Zoom)	TRX Circuit w/ Bridget	Pilates w/ Bridget (Studio & Zoom)		
4:30PM		Cardio/Core w/ Bridget (Studio & Zoom)	Group Training w/ Donna (Studio & Zoom)	Yoga w/ Lawrence (Studio & Zoom)			
5:30PM	Cycling w/ Trish (45min)		Cycling w/ Peg (45min)				

ONLINE REGISTRATION REQUIRED FOR ALL GROUP FITNESS CLASSES IN HOUSE. Sign up begins 24 hours in advance via our website at www.option1fitness.com
 Email Bridget at Bridget@option1fitnesskeene.com for Zoom codes. **(Studio and Zoom)** – indicates class will be held in the studio and also streamed via Zoom. **10 spots available in Group, 6 spots available in Cycle and TRX**

Option 1 Group Fitness Class Descriptions

All classes are for all fitness levels

Group Fitness is a tremendous way to connect with fellow workout buddies and we build a community of health together by exercising together. Please come in and try our classes. Our instructors and these classes sustain us through the busy lives we lead to help us to remain well.

We'll see you in class!

20 X 3 - Three mini classes all packed in for one full hour workout of fun! Come sweat it out with 20 minutes of cardio, followed by 20 minutes of compound strength exercises, finishing with 20 minutes of core work.

CARDIO/ BOX INTERVALS- Time to get your heart rate up and have fun moving to music! Low and higher impact choices are always provided! Cardio intervals with patterns of kicks and punches mix with upper body and core exercises.

CARDIO-BOX VARIETY - Get a great cardio workout in this class which includes cardio kickboxing, agility and sports drills. Additional strength and core exercises are incorporated.

CARDIO + CORE - Choose your own impact during this easy to follow cardio drills express class! This is followed by core strength training with balls, Bosu Balance trainers, tubes or light weights.

CYCLING - Time to sweat while experiencing a variety of indoor group cycling rides: endurance, strength, intervals, hills, race day, flats and/or hill. Online signup required. Sign up begins 24 hours before the class time. Visit the Option 1 Fitness Keene website to sign up.

GROUP TRAINING - Group exercise meets specialized training... progressive strength and cardiovascular exercises that allow you to work at your own level will make you want to come back for more!

LOW IMPACT CARDIO - Time to get a move on and enjoy a class focusing on low impact cardiovascular exercise joined with fun music. High impact cardio moves and other substitutions will also be provided in this pumpin' fun class!

MUSCLE STRENGTH/STRENGTH - This class will develop muscular strength and endurance through a challenging workout using your own body weight for resistance and a variety of equipment.

PILATES- Beyond the mat and more... Targeting core muscle groups which support the spine, plus total body toning, this class focuses on strength, flexibility and fluid movements through controlled and mindful exercise.

SCULPT INTERVALS - Resistance strength training exercises using free weights, tubing, gliders, BOSU Balance Trainers and stability balls with additional brief intervals of easy to follow cardio drills for that extra push!

SCULPT + STRETCH- Let's get our strength on with exercises to target the major muscle groups followed by yoga inspired stretches and strengthening postural exercises for a complete workout for you and your health!

TRX CIRCUIT - The TRX Suspension Trainer is used for amazing bodyweight strength exercises in this class, alternated with weight work using tubes and dumbbells, while sprinkling in cardiovascular agility drills and 3 dimensional core training. We meet in the back room by the Rogue Rack.

TOTAL BODY TONER - Tone up everything in this class. It's a full body workout with cardio, strength and flexibility moves that will leave you sore, but wanting more!

YOGA - Strengthen and stretch, breath and relax while you practice mind and body physical postures to promote mental and physical well-being.

While we do have a limited supply of mats for Yoga and Pilates classes, we encourage members to bring their own mats if attending these classes on a regular basis.

Group Fitness Policies - Class is cancelled if fewer than 2 people are in attendance. Wear clean workout shoes, bring water and a sweat towel and always work out at your own pace. Please be on time. Let the instructor know if you have to leave early. The warm up and cool down are important and aid in injury prevention. Return all equipment to its proper location at the end of class. Class equipment is available on a first come, first serve basis. Please do not reserve equipment for others. Classes missed due to the gym being closed (inclement weather, etc.) are not rescheduled. Classes and instructors are subject to change at any time. If you are new to a class, pregnant or have injuries please let the instructor know.