



# October 2024 Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:30</b>	<b>:30 Fit</b> with Ronnie Group Fitness Studio	<b>:30 Fit</b> with Ronnie Group Fitness Studio	<b>:30 Fit</b> with Ronnie Group Fitness Studio	<b>:30 Fit</b> with Joey Group Fitness Studio	
<b>6:00</b>			<b>Express Cycling</b> with Julie Spin Studio		<b>Bootcamp</b> with Julie Upstairs
<b>8:30</b>	<b>Booty Barre</b> with Cheryl Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>Retro Express</b> with Cheryl Group Fitness Studio	<b>LES MILLS BODYPUMP®</b> with Jen T Group Fitness Studio	<b>LES MILLS TONE®</b> with Jen T Group Fitness Studio
<b>8:30</b>	<b>Walk 4 Life</b> with Amy B Upstairs	<b>Basic Training</b> with Cheryl Gym Floor	<b>Platinum Gold</b> with AmyB Yoga Studio	<b>Basic Training</b> with Natalie Gym Floor	<b>Walk 4 Life</b> with Amy B Upstairs
<b>9:00</b>			<b>LES MILLS CORE®</b> with Cheryl Group Fitness Studio		
<b>9:30</b>	<b>Let's Dance!</b> with Amy B Group Fitness Studio	<b>Power Pilates</b> with Haley Yoga Studio	<b>Yoga</b> with Payton Yoga Studio	<b>Power Pilates</b> with Natalie Yoga Studio	<b>Let's Dance!</b> (30 min) with Cheryl Group Fitness Studio
<b>9:30</b>	<b>Express Cycling</b> with Haley Spin Studio				<b>Relax Yoga</b> with Lisa Yoga Studio
<b>4:30</b>	<b>LES MILLS BODYPUMP®</b> with Gracen Group Fitness Studio	<b>Let's Dance!</b> with Amy B. Group Fitness Studio	<b>Cycle and Sculpt</b> with Noelle Spin Studio	<b>Let's Dance!</b> with Amy B Group Fitness Studio	
<b>5:30</b>	<b>Indoor Cycling</b> with Julie Spin Studio	<b>LES MILLS BODYPUMP®</b> with Kayla Group Fitness Studio	<b>Yoga</b> with Julie Yoga Studio	<b>Express Cycling</b> with Helon Spin Studio	
<b>5:30</b>	<b>Yin Yoga</b> with Veronica Yoga Studio	<b>Hot Yoga</b> with Audra Yoga Studio		<b>6:10pm LES MILL CORE®</b> with Taylor Group Fitness Studio	

## October is Mental Health Awareness Month!

Join us in the Yoga Room for our **Yoga and Pilates Sticker Chart Challenge!**

### Weekend Classes for October

<b>Saturday, October 4</b>	8:30 Let's Dance- Amy B	9:30- Yoga- Audra
<b>Saturday, October 11</b>	8:30 Les Mills BodyPump®- JenT	9:30 Let's Dance- JenT
<b>Saturday, October 18</b>	8:30-Cardio Sculpt- Natalie	9:30-Power Pilates- Natalie
<b>Saturday, October 25</b>	8:30 Les Mills BodyPump®-Gracen	9:30 Yoga- Lisa

**Aqua Fit:** Traditional water exercises for cardio, strength and FUN! Water shoes, hat, and/or sunglasses recommended.

**Basic Training:** Circuit style class mixing strength training and cardio to meet your cross training/full body workout needs.

**Bootcamp:** Meet on the gym floor for a hard hitting combo of cardio and strength training exercises to get your weekend started off right!

**BootyBarre:** Pilates+Dance+Yoga=Balance. Booty Barre is a fun, energetic workout that fuses techniques from dance, pilates and yoga that will define and chisel the whole body.

**Cardio Sculpt:** You will sculpt sleek muscles with light weight and high reps along with bursts of cardio to strengthen your heart.

**Cycle and Sculpt:** This class combines all the best elements of a cycle class and also works on toning and defining your upper body using light dumbbells.

**Express Cycling:** 30 minutes of intense indoor cycling!

**Hot Yoga:** Hot Yoga is a practice performed in a heated room, combining traditional yoga poses with increased temperature to promote flexibility and detoxification.

**Indoor Cycling:** The instructor chooses the music and choreography to create the perfect cardio ride

**Kangoo Power:** Explosive, highly motivating class specifically designed to challenge the whole body by building muscular strength and cardio/respiratory endurance. KJ Rebound shoes absorb up to 80% impact on the joints. Call to reserve your boots if needed. \$10 boot rental.

**LES MILLS BODYPUMP®:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You will feel motivated and challenged and ready to come back for more!

**LES MILLS CORE®:** In Les Mills CORE you will build strength, stability, and endurance in the muscles that support your core while assisting balance. (30 min class)

**LES MILLS TONE®:** Les Mills TONE blends cardiovascular conditioning, resistance training and core work to help you burn calories and elevate your fitness level.

**Let's Dance:** Release your inner dancer while burning fat and calories. You will move and sweat like you never knew you could!

**Platinum Gold:** A low/no impact class using light weights and high repetitions with standing ab work and balance exercises.

**Power Pilates:** This workout emphasizes balance, control, and core strength for optimal fat burning in addition to traditional pilates mat work.

**Relax Yoga:** A slower paced yoga practice that focuses on the breath and proper alignment within the postures: perfect for all levels of yogis.

**Retro Express:** A 30 minute mix of step aerobics and kickboxing to get you moving and sweating!

**Walk 4 Life:** Geared toward our mature members who want to improve their balance and flexibility and also increase or maintain muscular strength and endurance.

**Yin Yoga:** Yin Yoga is a slow-paced style of yoga with postures held for longer periods to target deep connective tissues and promote relaxation.

**Yoga:** Improve mobility and flexibility through movement, flow and breathwork.

**:30 Fit:** Decrease body fat, increase muscle mass and build greater functional strength in 30 minutes.

**\*Classes must maintain an average of 6 participants to remain on schedule.\***