



September 2023



Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|---|---|---|---|--|
| 5:30 | :30 Fit with Ronnie Upstairs | :30 Fit with Joey Upstairs | :30 Fit with Ronnie Upstairs | :30 Fit with Joey Upstairs | :30 Fit with JenT Gym Floor |
| 6:00 | | | | | Bootcamp with Julie Upstairs |
| 8:30 | Booty Barre with Noelle Group Fitness Studio | LES MILLS BODYPUMP® with Jen T Group Fitness Studio | Retro Wednesday with Cheryl Group Fitness Studio | LES MILLS BODYPUMP® with Jen T Group Fitness Studio | Let's Dance! with Cheryl Group Fitness Studio |
| 8:30 | Basic Training with Cheryl Gym Floor | | Platinum Gold with AmyB Yoga Studio | | Cycle and Sculpt with Helon Spin Studio |
| 8:30 | Walk 4 Life with Amy B Upstairs | | | | Walk 4 Life with Amy B Upstairs |
| 9:30 | Let's Dance! with Amy B Group Fitness Studio | Cardio Sculpt with Natalie Group Fitness Studio | "Booty" Camp with Cheryl Group Fitness Studio | Power Pilates with Natalie Yoga Studio | Oh My Core! with Cheryl Group Fitness Studio |
| 9:30 | Yoga with Audra Yoga Studio | Yoga with Audra Yoga Studio | Yoga with Payton Yoga Studio | Aqua Fit with Sally Pool | Relax Yoga with Lisa Yoga Studio |
| 9:30 | Aqua Fit with Sally Pool | Aqua Fit with Cheryl Pool | Aqua Fit with Sally Pool | | Aqua Fit with Sally Pool |
| 4:30 | LES MILLS BODYPUMP® with Julie Group Fitness Studio | Let's Dance! with Amy B. Group Fitness Studio | Cycle and Sculpt with Noelle Spin Studio | Let's Dance! with Amy B Group Fitness Studio | |
| 5:30 | Indoor Cycling with Julie Spin Studio | LES MILLS BODYPUMP® with Kayla Group Fitness Studio | Booty Barre with Noelle Group Fitness Studio | Indoor Cycling with Kayla Spin Studio | |
| 5:30 | Yoga with Audra Yoga Studio | Yoga with Audra Yoga Studio | Yoga with Julie Yoga Studio | | |

Weekend Classes for September

| | | |
|---------------------------|------------------------------------|---|
| Saturday, Sept. 2 | 8:30 Let's Dance- Amy B. | 9:30 Yoga- Payton |
| Saturday, Sept. 9 | 8:30 LesMills BodyPump®- JenT | 9:30 Yoga- Payton |
| Saturday, Sept. 16 | 8:30 LesMills BodyPump®- JenT | 9:30 Let's Dance- JenT 9:30 AquaFit- Cheryl |
| Saturday, Sept. 23 | 8:30 LesMills Body it Pump®- Kayla | 9:30 Yoga- Payton 9:30 AquaFit- Sally |
| Saturday, Sept. 30 | 8:30 Let's Dance- Amy B. | 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!

“Booty” Camp: This class targets the booty, inner/outer thighs, core and more! Burn, baby, burn!

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.

Chair Yoga: This gentle class is for anyone interested in the health benefits of yoga without having to be on the floor, performing the poses with the aid of a chair.

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.

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

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 simultaneously. KJ Rebound shoes absorb up to 80% of impact on the joints.

Call to reserve your boots if needed, \$5 for members/non-shoe owning, \$10 for nonmembers/non-shoe owning. FREE to club members who own shoes.

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!

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

Oh My Core!: 30 minute express class zoning in on the powerhouse of the body: upper and lower abdominals plus lower back.

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: A 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.

Wet Barre: Booty Barre meets water using low weight, high rep training for a “booty-ful” workout.

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.