



Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	:30 Fit with Ronnie Group Fitness Studio	:30 Fit with Ronnie Group Fitness Studio	:30 Fit with Ronnie Group Fitness Studio	:30 Fit with Joey Group Fitness Studio	
6:00			Express Cycling with Julie Spin Studio		Bootcamp with Julie Upstairs
8:30	Booty Barre with Cheryl 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	LES MILLS TONE® with Jen T Group Fitness Studio
8:30	Walk 4 Life with Amy B Upstairs	Basic Training with Cheryl Gym Floor	Platinum Gold with AmyB Yoga Studio	Basic Training with Natalie Gym Floor	Walk 4 Life with Amy B Upstairs
9:30	Let's Dance! with Amy B Group Fitness Studio	Power Pilates with Haley Yoga Studio	LES MILLS CORE® with Cheryl Group Fitness Studio	Power Pilates with Natalie Yoga Studio	Let's Dance! (30 min) with Cheryl Group Fitness Studio
9:30	Express Cycling with Haley Spin Studio		Yoga with Payton Yoga Studio		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	Aqua Fit with Sally Pool
4:30	LES MILLS BODYPUMP® with Gracen 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	Yoga with Julie Yoga Studio	Express Cycling with Julie Spin Studio	
5:30	Yin Yoga with Veronica Yoga Studio	Hot Yoga with Audra Yoga Studio		6:10pm LES MILL CORE® with Julie Group Fitness Studio	

Be a part of the Century Club!
See if you can get 100 miles in Spin Room in August!

Weekend Classes for August

Saturday August 3	8:30 Let's Dance- Amy B	9:30-Les Mills Core®- Taylor
		9:30 Aqua Fit- Sally
Saturday, August 10	8:30 Les Mills Tone®- Jen T	9:30 Let's Dance- Jen T
Saturday, August 17	8:30 Les Mills BodyPump®- Gracen	9:30 Yoga- Lisa
Saturday, August 24	8:30 Les Mills BodyPump®- JenT	9:30 Aqua Fit- Sally
Saturday, August 31	8:30 Les Mills Tone®- JenT	9:30 Yoga- Cindee

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: 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.

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.