



February 2023 Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	:30 Fit with Ronnie Gym Floor	:30 Fit with Joey Gym Floor	:30 Fit with Ronnie Gym Floor	:30 Fit with Joey Gym Floor	:30 Fit with Jen T Gym Floor
6:00					Bootcamp with Julie Gym Floor
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		Cycle and Sculpt with Gracen Spin Studio		Cycle and Sculpt with Natalie Spin Studio
8:30	Walk 4 Life with Amy B Upstairs		Tap 'N Tone with Amy B Yoga Studio		
9:30	Let's Dance! with Amy B Group Fitness Studio	Cardio Sculpt with Natalie Group Fitness Studio	Booty Barre with Cheryl Group Fitness Studio	Bounce :30 with Cheryl Group Fitness Studio	Oh My Core! with Cheryl Group Fitness Studio
9:30	Yoga with Audra Yoga Studio	Yoga with Cindee Yoga Studio	Yoga with Stephanie Yoga Studio	Power Pilates with Natalie Yoga Studio	Relax Yoga with Lisa Yoga Studio
4:15		Gentle Yoga with Stephanie Yoga Studio			
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	
4:45	:30 Fit with Julie Gym Floor	:30 Fit with Shelly Gym Floor	:30 Fit with Julie Gym Floor	:30 Fit with Julie Gym Floor	
5:30	Indoor Cycling with Julie Spin Studio	LES MILLS BODYPUMP® with Jen T Group Fitness Studio	Booty Barre with Noelle Group Fitness Studio	Indoor Cycling with Julie Spin Studio	
5:30	Yoga with Audra Yoga Studio	Yoga with Audra Yoga Studio	Yoga with Julie Yoga Studio	Tap 'N Tone with Amy B Yoga Studio	
5:30				Kangoo Power® with Jen T Group Fitness Studio	
6:15	:30 Fit with Shelly Gym Floor	:30 Fit with Shelly Gym Floor	:30 Fit with Shelly Gym Floor	:30 Fit with Shelly Gym Floor	

Weekend Classes for February

:30Fit	Every Saturday	8:00am
Line Dancing	Friday, Feb. 3- \$10	Sunday, Feb. 5- \$10
Saturday ,February 4	8:30 Kangoo Power®- Jen T	9:30 Yoga- Lisa
Saturday ,February 11	8:30 Let's Dance!- Amy B	9:30 Yoga- Audra
Line Dancing	Friday, Feb. 17- \$10	Sunday, Feb. 19- \$10
Saturday, February 18	8:30 LesMills BodyPump®- Gracen	9:30 Yoga- Audra
Line Dancing	Friday, Feb. 24- \$10	Sunday, Feb. 26- \$10
Saturday, February 25	8:30 LesMills BodyPump®- Jen T	9:30 Let's Dance!- Jen T

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.

Bounce :30: 30 minutes cardio blocks combined with strength intervals performed on and off the trampoline: 5 max attendees

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.

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!

Move & Groove: Dance with JenT. 'Nuff said.

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

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!

Tap 'N Tone: Come **MAKE SOME NOISE** and improve your memory, balance and agility while we tone our muscles. Taps slip over your sneakers. Sign up at the front desk. \$5 rental or BYO taps. Limited to 4 pair-size 6-7.5 and 6 pair- size 8+..

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.

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.