



Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

 **New SUNDAY 2:00 Class: Hot Sculpt with Ava** 

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 (30 min) 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 (30 min) 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		Platinum Gold with Amy B Yoga Studio		Walk 4 Life with Amy B Upstairs
9:30	Yoga with Amy B Yoga Studio	Power Pilates with Haley Yoga Studio	9:00 LES MILLS CORE® (30 min) with Cheryl Group Fitness Studio	Yoga with Regina Yoga Studio	Let's Dance (30 min) with Cheryl Group Fitness Studio
9:30			Yoga with Circy Yoga Studio		Relax Yoga with Lisa 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		
4:30			Let's Dance! with Amy B Group Fitness Studio	4:45 LES MILLS CORE® (30 min) with Taylor Group Fitness Studio	
5:30	Indoor Cycling with Julie Spin Studio	LES MILLS TONE® with Haley Group Fitness Studio	Yoga with Julie Yoga Studio	LES MILLS BODYPUMP® with Kayla Group Fitness Studio	
5:30		Hot Yoga with Audra Yoga Studio		Rhythm Ride with Ava Spin Studio	

New SUNDAY 2:00 Class: Hot Sculpt with Ava

Weekend Classes for October

Saturday, October 4	8:30- Let's Dance!- Amy B	9:30 -Yoga- Amy B
Saturday, October 11	8:30- Rhythm Ride- Ava	9:30 -Hot Sculpt- Ava
Saturday, October 18	8:30-LesMills BodyPump@-Jen T	9:30 -Yoga- Auda
Saturday, October 25	8:30- LesMills BodyPump@-Gracen	9:30 -Yoga- Auda

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 Sculpt: Strength training meets barre/pilates in a heated room with a long cool down/stretch.

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

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.

Rhythm Ride: Ride to the rhythm in this music-driven cycling class that blends choreographed moves with heart pumping cardio turning your workout into a dance party on the bike!

TRIPLE THREAT!- 30 minutes of Les Mills Tone, 30 minutes of Les Mills Body Pump and 30 minutes of Les Mills Core all in one class taught by 3 instructors!

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.