



February 2024

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	
6:00			Express Cycling with Julie/Noelle Spin Studio		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! Extended Play with Cheryl Group Fitness Studio
8:30	Basic Training with Cheryl Gym Floor		Platinum Gold with AmyB Yoga Studio	Basic Training with Natalie Gym Floor	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	Relax Yoga with Lisa Yoga Studio
9:30	Yoga with Audra Yoga Studio	Power Pilates with Haley Yoga Studio	Yoga with Payton Yoga Studio		
9:30	Express Cycling with Julie/Noelle Spin 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	
5:30	Indoor Cycling with Julie Spin Studio	LES MILLS BODYPUMP® with Kayla Group Fitness Studio	Yoga with Julie Yoga Studio	Indoor Cycling with Kayla Spin Studio	
5:30	Yoga with Audra Yoga Studio	Yoga with Audra Yoga Studio			

Weekend Classes for February

Saturday, Feb 3	Cycle & Sculpt- Noelle	9:30 Pilates- Natalie
Saturday, Feb 10	8:30 Les Mills Body Pump@- Jen T	9:30 Let's Dance- Jen T
Saturday, Feb 17	8:30 Let's Dance- Amy B	9:30 Yoga- Lisa
Saturday, Feb 24	8:30 Les Mills Body Pump@- Gracen	9:30 Pilates- Haley

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.

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!

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!

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

Let's Dance Extended Play: 75 minutes of Dance and toning!

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.

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.