



May 2024



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/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	LES MILLS TONE® with Jen T Group Fitness Studio
8:30	Basic Training with Cheryl Gym Floor	Basic Training with Natalie Gym Floor	Platinum Gold with AmyB Yoga Studio	Basic Training with Natalie Gym Floor	Walk 4 Life with Amy B Upstairs
8:30	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 Jen T Group Fitness Studio
9:30	Express Cycling with Haley Spin Studio		Yoga with Payton Yoga Studio		Relax Yoga with Lisa Yoga Studio
9:30					Express Cycling with Helon 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	LES MILLS TONE® with Jen T Group Fitness Studio	Express Cycling with Julie Spin Studio	
5:30	Yoga with Audra Yoga Studio	Hot Yoga with Audra Yoga Studio	Yoga with Julie Yoga Studio		
6:10				LES MILL CORE® with Julie Group Fitness Studio	

Weekend Classes for May

Saturday, May 4	8:30 Let's Dance-Amy B	9:30 Yoga- Audra
Saturday, May 11	8:30 Les Mills Tone ®- Julie	9:30 Pilates- Natalie
Saturday, May 18	8:30 Les Mills Body Pump®- Jen T	9:30 Yoga- Audra
Saturday, May 25	8:30 Les Mills Body Pump®- Kayla	9:30 Yoga- Lisa

- 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.
- 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.