

NEW!

Group Exercise Schedule



Now open at 5:30am!

Monday

- 6:00a **Boom Fitness**
Maria
- 7:30a **Boom Fitness**
Maria
- Spin Cycle Up & Lift**
Linda
- 8:00a **Restorative Flow**
Judy
- 9:00a **Power Core**
Holly
- Spin Rhythm Ride Weight**
Meg
- 10:30a **Boom Fitness**
Maria

Tuesday

- 6:30a **Booty Burn**
Beth
- 8:00a **Body Pump**
Meg
- 9:00a **Spin Rhythm Ride Tabata**
Meg
- Gentle Yoga & Stretch**
Natasha
- 5:30p **Spin & Sculpt**
Holly

Wednesday

- 6:00a **Boom Fitness**
Maria
- 7:30a **Boom Fitness**
Maria
- Spin Cycle Up & Lift**
Linda
- 8:00a **Ananda Yoga**
Veena
- 9:00a **Spin Rhythm Ride Weight**
Meg
- Dance**
Natasha
- 10:30a **Boom Fitness**
Maria

Thursday

- 6:30a **Booty Burn**
Beth
- 8:00a **Body Pump**
Meg
- 9:00a **Spin Power Intervals**
Sue
- Gentle Yoga & Stretch**
Natasha
- 5:30p **Strike Fitness \$**
Miki

Friday

- 6:00a **Boom Fitness**
Maria
- 7:30a **Boom Fitness**
Maria
- Spin Cycle Up & Lift**
Linda
- 8:00a **Restorative Flow**
Judy
- 9:00a **Power Core**
Holly
- Spin Power Intervals**
Sue
- 10:30a **Boom Fitness**
Maria

Saturday

- 7:30a **Active HIIT**
Miki
- 8:30a **Spin Power Hour**
Meg
- BOCO - Booty+Core**
Miki
- 9:30a **Gentle Yoga & Stretch**
Natasha

All classes on this schedule are free, but all participants must register on the Spearman Sports Clubs app 24 hours in advance! Space is limited in many classes!

Group Exercise Descriptions

Boom Fitness - Maria

A high-intensity interval training (HIIT) class. It includes functional fitness, such as using whole body, multi-joint exercises that stimulate movements people do in life. It's a completely new workout with different exercises for each day of class. It doesn't matter what your fitness level is—brand new to working out or high-performance athlete—each and every person will go at their own pace. All exercises can be modified as needed.

Body Pump - Meg

Designed to help you improve your body balance and coordination while also giving you an intense strength workout. Give it a try and see how Body Pump can help you reach your fitness goals!

Active HIIT - Miki

HIIT (high-intensity interval training) workouts are usually considered both strength and cardio, burning significantly more calories in 1/3 of the time compared to other workouts. HIIT workouts trigger the release of adrenaline and noradrenaline, both of which drive the breakdown of fat—you won't just burn calories during your workout.

Your body will function at a higher metabolic level for hours after class ends. Active HIIT is a mix of intense and powerful movements of Muay Thai kickboxing, the articulate grips of jiu jitsu, and the force and skill of traditional boxing. It's a blended hour of vigorous circuits with weights, ropes, resistance, and endurance. You will never look at the time but rather be excited for the next station!

Booty Burn - Beth/Sophia

This one hour class is guaranteed to whip your booty into shape by incorporating weights, cardio, and strength training. It's a body sculpt workout with an emphasis on booty and core.

Dance - Natasha

Easy to follow dance moves to popular music. It's a party atmosphere, complete with a disco ball.

Power Core - Holly

This includes Pilates-based mat exercises to work on core strength and stability. You'll use bands and weights as tools to enhance range of motion, flexibility, balance, and muscle strength. The goal is for you to have fun and increase your ability to perform daily activities.

Body Fusion Mat Pilates - Sophia

The ultimate Pilates experience that will leave you feeling toned, transformed, and totally pumped up! This 55-minute class is a fusion of modern, upbeat, and classical Pilates exercises, all set to a heart-pumping playlist that will have you moving and grooving from start to finish. Get ready to sweat, stretch, and strengthen every muscle in your body! Whether you're a seasoned pro or new to Pilates, class is open to all levels.

Yoga Flow - Judy

Combines breath and movement as you go through a series of postures by way of a gentle paced flow. Individual modifications are always welcome.

Restorative Flow - Judy

A sequence of restorative poses that stretch and strengthen your body, along with releasing tension and calming the mind.

Ananda Yoga - Veena

This class emphasizes inner awareness and engaging breath. Harmony between breath and asana is like a divine friendship. Increased circulation in bones, muscles stretching and strengthening through simple poses that also relax and calm the mind. As you move, you'll feel that you're warming up the spine and building your core.

Yoga Vinyasa - Sophia

This yoga focus is on breath work to calm the nervous system and warm and lengthen muscles through various stretches and poses. Learn how to connect the yoga practice to everyday life in order to build mental resilience, further flexibility and agility, and calm yourself.

Spin Power Intervals - Sue

Targeted at endurance athletes and designed to provide a structured indoor cycling format. Be prepared to sweat! This 60-minute high-intensity, group class will increase your cardio fitness. You will be riding out of the saddle for the majority of the workout. Each class is segmented into timed intervals to include sprints, squats, lunges, and tension climbs, all set to high-energy music that's integrated to motivate and get you moving. The class includes a brief warm-up and cool down. All levels are welcome and can easily adjust to their own pace.

Spin Cycle Up & Lift - Linda

This class is for beginners and seasoned cyclists. The ride is set to music to motivate through sprints, climbs, jumps, and intervals, along with hand weights for upper-body strength and toning. It's a great way to start your day!

Spin & Sculpt - Holly

This is the perfect combination of cardio and resistance training to burn and tone. It's one amazing workout.

Spin Rhythm Ride Tabata - Meg

This is a high-energy class that rides to the beat of fun music. It's a rhythm ride that includes intervals and weights.

Spin Rhythm Ride Weight - Meg

Get ready to sweat, move, and groove to the beat of the music! Don't worry if you're not a natural born dancer. This workout is designed for everyone. This non-impact class offers all the same health benefits as a regular cycling class but with the added bonus of a metabolic boost to accelerate fat loss. With a format that incorporates 55-minutes of HIIT (high-intensity interval training), Tabata drills, dance moves, and weighted arm exercises, you'll be guided through hills, runs, sprints, and jumps to increase your muscle definition, power, and stamina.

Spin Power Hour - Meg

Ride to the beat of high-energy music by way of intervals and sprints.

Strike Fitness \$ - Miki

An all-encompassing 60-minute Muay Thai-based kickboxing class, focused on the skills and purpose of self-defense in a fun and inclusive group environment. From head-to-toe, you will be introduced to proper hand and footwork, increasing personal strength and endurance, and improving coordination and technique, all while getting a powerful workout.

BOCO = Booty+Core - Miki

a Booty+Core, moderate to high intensity class, focusing on abdominals and glutes.