

Walton Family Whole Health & Fitness

Group Fitness Schedule: February 5 – March 3

■ Aquatics |
 ■ Mind Body |
 ■ Dance |
 ■ Spin |
 ■ Strength |
 ■ Total Fitness |
 ◆ Premium

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	Bootcamp 5:15 – 6 a.m. Studio: 1	Cardio Pulse 5:15 – 6 a.m. Studio: 1	Bootcamp 5:15 – 6 a.m. Studio: 1	Cardio Pulse 5:15 – 6 a.m. Studio: 1	Bootcamp 5:15 – 6 a.m. Studio: 1		
	◆ Box & Burn 5:15 – 6:15 a.m. Studio: 4	LIFT 5:15 – 6 a.m. Studio: 2	◆ Box & Burn 5:15 – 6:15 a.m. Studio: 4	LIFT 5:15 – 6 a.m. Studio: 2	◆ Box & Burn 5:15 – 6:15 a.m. Studio: 4		
		◆ Hot Vinyasa 5:30 – 6:30 a.m. Studio: 5		◆ Hot Vinyasa 5:30 – 6:30 a.m. Studio: 5			
	RPM 6:15 – 7 a.m. Studio: 3		RPM 6:15 – 7 a.m. Studio: 3		RPM 6:15 – 7 a.m. Studio: 3		
	◆ Hot Yoga 6:15 – 7:15 a.m. Studio: 5	Mat Pilates 6:15 – 7 a.m. Studio: 6	◆ Hot Yoga 6:15 – 7:15 a.m. Studio: 5	Mat Pilates 6:15 – 7 a.m. Studio: 6	◆ Hot Pilates Sculpt 6:15 – 7:15 a.m. Studio: 5		
	◆ Fit Zone 6:15 – 7:15 a.m. The Zone	◆ Fit Zone 6:15 – 7:15 a.m. The Zone	◆ Fit Zone 6:15 – 7:15 a.m. The Zone	◆ Fit Zone 6:15 – 7:15 a.m. The Zone			
	Bag Work 6:30 – 7:15 a.m. Studio: 4		Bag Work 6:30 – 7:15 a.m. Studio: 4		Bag Work 6:30 – 7:15 a.m. Studio: 4		
				◆ Ashtanga Vinyasa 7 – 8 a.m. Studio: 5			
MID-MORNING	Qi Gong 8:30 – 9:15 a.m. Studio: 5	Barre Fusion 8:30 – 9:15 a.m. Studio: 6	Qi Gong 8:30 – 9:15 a.m. Studio: 5	Barre Fusion 8:30 – 9:15 a.m. Studio: 6	Mat Pilates 8:30 – 9:15 a.m. Studio: 5		Barre Fusion 8:15 – 9 a.m. Studio: 6
	Aqua Fit 8:30 – 9:15 a.m. Recreation Pool	Aqua Zumba 8:30 – 9:15 a.m. Recreation Pool	Deep Water 8:30 – 9:15 a.m. Recreation Pool				◆ Box & Burn 8:15 – 9:15 a.m. Studio: 4
		Breathwork 8:30 – 9:15 a.m. Studio: 5	Mat Pilates 8:30 – 9:15 a.m. Studio: 6	Breathwork 8:30 – 9:15 a.m. Studio: 5			
	Bootcamp 8:45 – 9:30 a.m. Studio: 1		Bootcamp 8:45 – 9:30 a.m. Studio: 1		Bootcamp 8:45 – 9:30 a.m. Studio: 1		
	LIFT 8:45 – 9:30 a.m. Studio: 2	LIFT 8:45 – 9:30 a.m. Studio: 2	LIFT 8:45 – 9:30 a.m. Studio: 2	LIFT 8:45 – 9:30 a.m. Studio: 2		◆ Fit Zone 9 – 10 a.m. The Zone	
	Zumba 8:45 – 9:30 a.m. Studio: 3	High Fitness 8:45 – 9:30 a.m. Studio: 3	Zumba 8:45 – 9:30 a.m. Studio: 3	High Fitness 8:45 – 9:30 a.m. Studio: 3	Zumba 8:45 – 9:30 a.m. Studio: 3	◆ Hot Yoga 9 – 10 a.m. Studio: 5	
	◆ Fit Zone 9:30 – 10:30 a.m. The Zone	◆ Fit Zone 9:30 – 10:30 a.m. The Zone	◆ Fit Zone 9:30 – 10:30 a.m. The Zone	◆ Fit Zone 9:30 – 10:30 a.m. The Zone	◆ Fit Zone 9:30 – 10:30 a.m. The Zone		
		◆ Hot Yoga 9:30 – 10:30 a.m. Studio: 5		◆ Hot Yoga 9:30 – 10:30 a.m. Studio: 5	Stretch & Tone 9:30 – 10:15 a.m. Studio: 6		
		Surge Strength 9:45 – 10:30 a.m. Studio: 1		Surge Strength 9:45 – 10:30 a.m. Studio: 1	LIFT 9:45 – 10:30 a.m. Studio: 2	Bootcamp 10:15 – 11 a.m. Studio: 1	
	Surge Fit 9:45 – 10:30 a.m. Studio: 1		Surge Fit 9:45 – 10:30 a.m. Studio: 1		Surge Fit 9:45 – 10:30 a.m. Studio: 1	Zumba Step 10:15 – 11 a.m. Studio: 3	
	Gentle Flow 10:15 – 11:00 a.m. Studio: 5		Gentle Flow 10:15 – 11:00 a.m. Studio: 5		Gentle Flow 10:15 – 11:00 a.m. Studio: 5		
					◆ Round House 10:30 – 11:30 a.m. Studio: 4	Restorative Yoga 10:30 – 11:15 a.m. Studio: 5	◆ Hot Vinyasa 10:30 – 11:30 a.m. Studio: 5

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH & AFTERNOON	◆ FIT ZONE 11:15 a.m. – 12:15 p.m. The Zone	◆ FIT ZONE 11:15 a.m. – 12:15 p.m. The Zone	◆ FIT ZONE 11:15 a.m. – 12:15 p.m. The Zone	◆ FIT ZONE 11:15 a.m. – 12:15 p.m. The Zone	◆ FIT ZONE 11:15 a.m. – 12:15 p.m. The Zone	Rhythm Ride 11 – 11:45 a.m. Studio: 3	
	Cardio Pulse 11:15 – 12 p.m. Studio: 1	LIFT 11:15 – 12 p.m. Studio: 2	Cardio Pulse 11:15 – 12 p.m. Studio: 1	LIFT 11:15 – 12 p.m. Studio: 2	Cardio Pulse 11:15 – 12 p.m. Studio: 1	Bootcamp 11 – 11:45 a.m. Studio: 1	
	Eccentrics 11:15 a.m. – 12p.m. Studio: 6	Gentle Flow 11:15 a.m. – 12 p.m. Studio: 6	Eccentrics 11:15 a.m. – 12p.m. Studio: 6	◆ Hot Yoga 11:15 a.m. – 12:15 p.m. Studio: 5	Restorative Yoga 11:15 a.m. – 12p.m. Studio: 5		
		Bag Work 11:15 – 12 p.m. Studio: 4		Bag Work 11:15 – 12 p.m. Studio: 4			
		Tai Chi 12 – 12:45 p.m. Studio: 5		Breathwork 11:30 – 12:15 p.m. Studio: 6		◆ Kickboxing 12 – 1 p.m. Studio: 4	
	◆ Round House 12:15 – 1:15 p.m. Studio: 4	◆ Box & Burn 12:15 – 1:15 p.m. Studio: 4	◆ Round House 12:15 – 1:15 p.m. Studio: 4	◆ Box & Burn 12:15 – 1:15 p.m. Studio: 4			
		◆ Ashtanga Vinyasa 12:30 – 1:30 p.m. Studio: 6					Gentle Flow 2:15 – 3 p.m. Studio: 5
	Meditation 2:00 – 2:45 p.m. Studio: 5						◆ FIT ZONE 2:15 – 3:15 p.m. The Zone
		Stretch 4:15 – 5 p.m. Studio: 6	Mat Pilates 4:15 – 5 p.m. Studio: 5	Stretch 4:15 – 5 p.m. Studio: 6			◆ Hot Yoga 3:30 – 4:30 p.m. Studio: 5
EVENING	◆ Kickboxing 5 – 6 p.m. Studio 4	◆ Kickboxing 5 – 6 p.m. Studio 4		◆ Kickboxing 5 – 6 p.m. Studio 4			◆ Sound Bath 5 – 6 p.m. Studio: 5
	Breathwork 5 – 5:45 p.m. Studio: 6	Gentle Flow 5:15 – 6 p.m. Studio: 5					
	Gentle Flow 5:15 – 6 p.m. Studio: 5	Barre Fusion 5:15 – 6 p.m. Studio: 6	Meditation 5:15 – 6 p.m. Studio: 5	Barre Fusion 5:15 – 6 p.m. Studio: 6	◆ Hot Vinyasa 5:30 – 6:30 p.m. Studio: 5		
	Zumba 5:15 – 6 p.m. Studio: 3	Zumba 5:15 – 6 p.m. Studio: 3	Zumba 5:15 – 6 p.m. Studio: 3	Fitness Dance 5:15 – 6 p.m. Studio: 3			
	Cardio Pulse 5:15 – 6 p.m. Studio 1	LIFT 5:15 – 6 p.m. Studio: 2	Surge Fit 5:15 – 6 p.m. Studio: 2	LIFT 5:15 – 6 p.m. Studio: 2			
	Breathwork 6 – 6:45 p.m. Studio: 6						
	◆ Fit Zone 6:15 – 7:15 p.m. The Zone	◆ Fit Zone 6:15 – 7:15 p.m. The Zone	◆ Fit Zone 6:15 – 7:15 p.m. The Zone	◆ Fit Zone 6:15 – 7:15 p.m. The Zone			
	◆ Round House 6:15 – 7:15 p.m. Studio: 4	◆ Round House 6:15 – 7:15 p.m. Studio: 4	Bag Work 6:15 – 7 p.m. Studio: 4	Bag Work 6:15 – 7 p.m. Studio: 4			
	Rhythm Ride 6:15 – 7 p.m. Studio: 3	Club Fitness 6:15 – 7 p.m. Studio: 3	Rhythm Ride 6:15 – 7 p.m. Studio: 3	Club Fitness 6:15 – 7 p.m. Studio: 3			
	◆ Hot Pilates Sculpt 6:30 – 7:30 p.m. Studio: 5	Gentle Flow 6:15 – 7 p.m. Studio: 5	◆ Sound Bath 6:15 – 7:15 p.m. Studio: 5	Gentle Flow 6:15 – 7 p.m. Studio: 5			
	Tai Chi 7 – 7:45 p.m. Studio: 6	Bootcamp 7 – 7:45 p.m. Studio: 1		Bootcamp 7 – 7:45 p.m. Studio: 1			
			◆ Kickboxing 7:15 – 8:15 p.m. Studio: 4	◆ Kickboxing 7:15 – 8:15 p.m. Studio: 4			

Class Descriptions			
Ashtanga Vinyasa Yoga	Mind Body	Premium	A 60-minute class consisting of synchronized breath and moving flow sequences.
Bag Work	Total Fitness	Premium	Learn the basic technique of boxing including the boxer's stance, the jab, the cross, the hook, uppercut punches, and use of the heavy bag. Gloves and wraps are highly recommended. Class size limited to 26.
Barre Fusion	Mind Body	Included	A total body workout that targets, shapes, and defines all major muscle groups through resistance-based strength trainings.
Bootcamp	Total Fitness	Included	Strengthen your body by pushing and pulling your weight while improving cardio through circuit drills. Class size limited to 30.
Box & Burn	Total Fitness	Premium	A boxing conditioning class that includes an intense cardio warmup, boxing with intervals of bodyweight exercises, and core work. Shoes are recommended in some cases but not required. Gloves and wraps are highly recommended. Class size limited to 26.
Breathwork	Mind Body	Included	Breathwork helps to calm your nervous system and bring balance to your body. Breathwork can have a positive impact on your central nervous system, aid in alkalizing your blood PH, and elevate your mood.
Breathwork + Meditation	Mind Body	Included	Breathwork helps to calm your nervous system and bring balance to your body. Breathwork can have a positive impact on your central nervous system, aid in alkalizing your blood PH, and elevate your mood. This class adds meditation which helps practice mindfulness, assist in training attention and awareness.
Cardio Pulse	Total Fitness	Included	A cardio-based class that will challenge you to move through each of the 5 heart-rate zones. A MyZone belt or other heart rate monitor is recommended, not required. Class size limited to 30.
Club Fitness	Strength	Included	Club Fitness is designed to get your heart rate pumping by combining cardiovascular and strength building exercises while moving to the best hip hop tunes. Class size limited to 20.
Essentrics	Mind Body	Included	Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.
FIT ZONE	Total Fitness	Premium	Experience the thrill of all-around training in our FIT ZONE class; a dynamic 60-minute workout combining cardiovascular, strength and power exercises. Class size limited to 20.
Fitness Dance	Dance	Included	Move and groove to the sound of today's tunes. Dancing is a fun way to burn calories and break a sweat without the impact. Class size limited to 20.
Gentle Yoga	Mind Body	Included	A gentle Yoga that encourages physical, mental, and emotional relaxation. Practiced at a slow pace, focusing on long holds, deep stretching and breathing to help release stress, tension and tightness. Appropriate for all levels. This class is not heated.
High Fitness	Dance	Included	Have you heard? AEROBICS is Back! Bigger, Better, HIGHer! A choreographed workout that alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level. Class size limited to 20.
Hot Pilates Sculpt	Mind Body	Premium	Musically driven heated class using Pilates ring, ball, small hand weights, bands and gliders to lengthen and strengthen your entire body with an emphasis on your core strength.
Hot Yoga	Mind Body	Premium	"Pause, Notice, Choose" empowers you. Pause to catch your breath and realign. Notice the heat and your body's responses. Choose poses that challenge and invigorate you. Reflect: How can you harness this empowerment beyond your yoga practice? (add temperature, humidity, and medical claim)
LIFT	Total Fitness	Included	A functional-fitness class geared to improve muscular strength and endurance using a variety of different implements. Class size limited to 15.
Kickboxing	Total Fitness	Premium	Join our high-energy kickboxing class, where we combine a series of kick boxing movements to make you sweat. Gloves are highly recommended for your safety and shoe removal is required when kicking the heavy bag. Unleash your strength and agility in a supportive environment designed for all skill levels. Class size limited to 26.
Mat Pilates	Mind Body	Included	Focuses on proper core training to improve muscle strength and length, mobility, stabilization, and body alignment.
Meditation	Mind Body	Included	During Meditation, you will settle into stillness. Pause to let go of distractions. Notice your breath, thoughts, and emotions without attachment. Choose the focus of your meditation, whether it's the breath, a mantra, or a sensation. Reflect: How can the insights gained in meditation guide your choices outside of your practice?
Qigong	Mind Body	Included	A mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique.
Restorative Yoga	Mind Body	Included	When your mind and body need to slow down and recover. Emphasis on slow, easy transitions, awareness of movement and intentional breathing. This class is not heated.
Rhythm Ride	Spin	Included	A dynamic beat-based cycle class set to energizing music. Each session is curated to synchronize movement with the beat, ensuring a full-body workout. Cycle shoes not required. Class size limited to 20.
Round House	Total Fitness	Premium	In this high-energy class, you will go through 12 rounds of basic boxing movements, combining jabs, hooks, and dynamic cardio exercises. Each round will focus on different techniques, allowing you to improve your form, coordination, and overall fitness. Class size limited to 26.
RPM	Spin	Included	Go the distance in this in this cycling class. Each day the primary focus will change from power, to endurance, and hills. Class size limited to 20.
Sound Bathing	Mind Body	Premium	Join a relaxing pause in your day with a sound bath meditation. All you need is yourself and if you choose, a blanket. Sound baths can help reduce anxiety, decrease stress hormones, improve sleep and mood.
Stretch	Mind Body	Included	This all-levels class will assist in allowing the body to extend, open, enhance posture, and lengthen muscles. Class uses foam rollers to aid in muscle recovery.
Surge Fit	Total Fitness	Included	High intensity cardio that pushes fat burning systems into high gear are intertwined with high-rep strength training to shape and tone your body for maximum results. Class size limited to 25.
Surge Strength	Strength	Included	Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know and love! Class size limited to 25.
Tai Chi	Mind Body	Included	A tai chi practice involves slow-motion flow – and with that comes a cadre of health benefits, too, including better balance, mobility, and coordination.
Yoga	Mind Body	Included	An all-levels class consisting of flow series, holding of postures, modifications, yoga props, and peaceful music.
Zumba	Dance	Included	Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves with Latin dance for an interval-style, calorie-burning dance fitness party. Class size limited to 20.
Zumba Step	Dance	Included	Zumba Step combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor. Class size limited to 20.