



Group Fitness Schedule

Effective September 28, 2023

All classes require registration through our Membership Portal or Highpoint Fitness App

MAIN STUDIO							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45 AM		Group POWER		Group ACTIVE			
8:30 AM	Group ACTIVE	Yoga	Everyday Mobility		Everyday Mobility	Yoga	Group BLAST
9:00 AM			Everyday Functional Strength		Everyday Functional Strength		
9:45 AM	Yoga	Group ACTIVE	Group POWER	Group FIGHT	Group POWER	Group ACTIVE	Group POWER
11:00 AM							Group CENTERGY
12:00 PM			HIIT Yoga				
1:00 PM		CSI Lite		ABCs		Chair Yoga	
4:30 PM						Group FIGHT	
5:15 PM					3D30		
5:30 PM		Group FIGHT	Yoga	Group BLAST			
6:00 PM					Group CENTERGY		
7:00 PM		Group POWER	Group GROOVE	Group POWER	Group GROOVE		

SPIN STUDIO							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45 AM			Spinning		Spinning		
9:00 AM	Cycle and Strength Training					Spinning	Spinning
5:45 PM			Cycle and Strength Training				
6:15 PM		Spinning			Spinning		

AQUATIC CENTER							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
9:00 AM	Aqua Fitness STRONG		Aqua Fitness ENERGY	Aqua Fitness ENERGY	Aqua Fitness ENERGY	Aqua Fitness MOTION	
10:00 AM		Aqua Fitness ENERGY	Aqua Fitness MOTION				
11:00 AM		Aqua Fitness ARTHRITIS		Aqua Fitness ARTHRITIS	Aqua Fitness MOTION	Aqua Fitness ARTHRITIS	
5:30 PM		Aqua Fitness STRONG		Aqua Fitness STRONG			
6:30 PM					Aqua Fitness STRONG		

FUNCTIONAL TRAINING							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00 AM							BOOTCAMP
10:00 AM							BOOTCAMP
12:00 PM				BOOTCAMP			
5:30 PM					Total Body Conditioning		

Main Studio

Group POWER maximizes your workout results with one hour of cutting-edge strength training! Get *muscle strong* and *movement strong* when you combine traditional strength training with functional exercises and the revolutionary science of loaded movement training, using an adjustable barbell, body weight and heart-pounding music. *POWER UP!*

Group ACTIVE is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight and the STEP.

Group BLAST is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. *HAVE A BLAST!*

Group FIGHT is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting edge moves with thrilling music. This electric experience is addictive! *FIGHT FOR IT!*

Group GROOVE will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced! *IF YOU CAN MOVE, YOU CAN GROOVE!*

Group CENTERGY will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and core. Emotive music drives the experience as you breathe and sweat through the full-body fitness journey.

3D30 integrates strength and cardio training to build muscle, burn calories, and improve agility. Revolutionize your whole body using Loaded Movement Training in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move with 3D30.

YOGA integrates mind, body and spirit without force or competitiveness. This class will guide all levels of students through a flowing Asana practice that spans a wide range of standing and seated poses. Sessions may feature a variety of yoga styles and practices including (but not limited to) Vinyasa and Hatha yoga traditions. Promote a healthier lifestyle, relieve stress and increase strength and flexibility!

HIIT YOGA is a combination of high intensity interval training (HIIT) and yoga postures (asana). HIIT is a fun structured class with bursts of intense (100% effort) cardio based flows that'll get your heart pumping and your muscles working coupled with brief recovery periods in yin/restorative yoga poses to relieve tension. All in 45 minutes!

PILATES strengthens your body from the inside out. This class will focus on five principles of Pilates exercise – concentration, centering, fluid movement, breathing, and controlled movement. It increases core strength, muscle balancing, flexibility, joint mobility, and posture. This mat-based class is full of movement, modifications, and progressions for all experience levels.

EVERYDAY MOBILITY focuses on improving our everyday movements by enhancing our range of movement and adapting our strength to better fit what our bodies need to do the things we love.

EVERYDAY FUNCTIONAL STRENGTH This class is focused on providing workouts that properly move our bodies in a way that builds more balanced muscles for more adaptable movement.

ABC'S (*Agility, Balance, Core and Stability*) Building a healthier body is as easy as ABC! This chair-based fitness class incorporates a variety of fitness focal points including Cardiovascular exercise, muscular strength, balance and flexibility. 'Graduate' into improved movement health by focusing on your ABC'S!

CHAIR YOGA allows you to enjoy the many benefits of yoga by using a chair for balance and stability. Yoga-inspired movements presented in this class are selected to improve body awareness, balance, strength, flexibility and mental acuity. Progressions will be offered to those who would like to move their practice from the chair to the mat.

CSI LITE (*Cardio Strength Intervals*) Calling all active adults! This class is designed to maintain and improve quality of life through alternating segments of simple, aerobic movements with resistance and balance training. Safe, effective exercises focus on improving heart health, range of movement, mobility, and functional fitness to enhance your daily living. Participants may be using various equipment including the STEP and handheld weights. The class concludes with flexibility and dynamic stretching.

BOLLY WORKOUT* takes inspiration from the music and dance of Bollywood, the film industry of India. It combines dynamic choreography with the hottest and most exhilarating music in this 50-minute cardio workout. It cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling - effective total body dance workout for all. *(This class is held at 11am on the first Sunday of the month.)

POUND** is an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

** (This class is held at 11am on every second and fourth Sunday of the month.)

Spin Studio

SPINNING is the ultimate indoor cycling experience! High energy instructors and music will take you on this motivating fitness journey that will have you climbing hills, rolling on the flats, sprinting to the finish and burning a ton of calories! Gain cardiovascular and muscular strength and stamina during a ride where you control the resistance and speed! (Cycle clinic is held once a month.) (Recommendation: Please arrive 15 minutes prior to the start of class so that the instructor can get you properly set up for a successful ride!)

CYCLE and STRENGTH TRAINING is a combination of indoor cycling and a total body circuit style workout that will build strength and cardiovascular endurance! For the first half, you'll climb hills, ride fast on flats and work in some sprints on the bike, all while listening to motivating music to build your cardio fitness level. During the second half, a Personal Trainer will guide you through a circuit using body weight exercises and a variety of equipment to strengthen all major muscle groups. This class will incorporate a variety of challenging multi and single joint exercises, and you'll always leave class feeling strong, sweaty, and ready to start your day!

Aqua Classes

AQUA FITNESS ARTHRITIS uses the properties of the warm water to increase range of movement, ease sore joints, strengthen muscles, increase balance and flexibility, and improve functional capacity. Smooth, methodical and gentle movements will be performed using the water as both resistance and stability.

AQUA FITNESS MOTION churns up the water while you turn up your cardiovascular and muscular strength. This interval class will incorporate segments of cardiovascular exercise followed by strength and balance using water resistance equipment.

AQUA FITNESS ENERGY is wet and wild! A non-stop, high energy aquatic cardiovascular class that will have you jogging, jumping and will get your heart pumping! Motivational coaching and music help to drive you to improved heart health.

AQUA FITNESS STRONG will condition and tone your heart, body, mind and spirit with fun and fluid exercises that target muscles for endurance, strength, flexibility, range of motion and balance. This class uses water resistance techniques and a variety of equipment to allow participants to get a rejuvenating, invigorating and effective strength workout.

Functional Training

BOOTCAMP provides high Intensity interval training that combines strength and cardio components to challenge all fitness levels. It combines athletic drills and functional movements that will challenge and train cardiovascular endurance and stamina, muscular strength, as well as speed, agility and quickness. Join Highpoint's expert personal trainers who will motivate and inspire you to reach all of your fitness goals!

TOTAL BODY CONDITIONING combines high intensity exercises with challenging weight based movements for all fitness levels. In a fun, fast paced environment, these workout circuits will focus on all major muscle groups, flexibility, functional movement, and cardio endurance.

Hours of operation **M-T** 5:30am to 9pm **Fri** 5:30am to 6pm **Sat** 7am to 4pm **Sun** 7am to 2pm

Pool hrs **M- T** 5:30am to 2pm, reopens at 3pm to 8pm. **Fri** 5:30am to 5pm. **Sat** 7am to 3pm.
Sun 7am to 1pm