

# FIRSTBANK FITNESS

## GROUP EXERCISE SCHEDULE



April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Upper/Lower Body Express</b> 11:00am-11:30am (Lower-Apr 8 &amp; 22) Ryan</p> <p><b>Yoga</b> 12:00pm-1:00pm Kelli</p> <p><b>Body Rock</b> <i>Hip Hop infused!</i> 1:00pm-2:00pm Monica</p> <p><b>Circuit/Tabata</b> 5:15pm-6:05pm (Tabata-Apr 1, 15 &amp; 29) Ryan</p>	<p><b>Meditation</b> 11:00am-11:15am Ryan</p> <p><b>5<sup>th</sup> Gear</b> 12:00pm-12:45pm Ryan</p> <p><b>Yoga</b> 1:00pm-2:00pm Jenna</p> <p><b>Pure Cycle</b> 5:30pm-6:15pm Bre</p>	<p><b>Pure Cycle</b> 6:15am-7:00am Ryan</p> <p><b>Yoga</b> 11:00am-11:45am Annie</p> <p><b>Synergy 360</b> 12:00pm-12:30pm Ryan</p> <p><b>Butts and Guts</b> 1:00pm-1:30pm Ryan</p> <p><b>Yoga w/ Meditation</b> 4:15pm-5:00pm Annie</p> <p><b>Zumba</b> 5:15pm-6:05pm Svaja</p>	<p><b>Bootcamp</b> 6:15am-7:15am Ryan</p> <p><b>Meditation</b> 11:00am-11:15am Ryan</p> <p><b>5<sup>th</sup> Gear</b> 12:00pm-12:50pm Ryan</p> <p><b>Gluteus Maxout</b> 1:00pm-1:30pm Ryan</p> <p><b>Essentrics</b> 4:15pm-4:45pm Tamara</p> <p><b>Pure Cycle</b> 5:30pm-6:15pm Ryan</p>	<p><b>Express Tabata</b> 11:00am-11:30am Ryan</p> <p><b>Express Abs</b> 11:30am-11:45am Ryan</p> <p><b>Essentrics</b> 12:00pm-12:50pm Tamara</p> <p><b>Stretch N' Roll</b> 1:15pm-1:45pm Ryan</p> <p><b>Meditation</b> 1:45pm-2:00pm Ryan</p>

## Specialty Class!

### Barre Ballet w/ Monica!

Friday, April 12<sup>th</sup>  
11:00am-11:50am

A high-energy, fun and challenging workout that will get your heart rate up, lift your tush and tone and tighten all the right areas. Utilizing a ballet barre, this class incorporates isometric movements, Pilates, yoga, and cardio!

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**Bootcamp:** A combo of cardio bursts using a variety of equipment, bodyweight strength circuits, and high-intensity agility drills! You'll leave completely drenched!

**Yoga:** Take your body and mind to another level of strength, flexibility, and relaxation. Flow through a series of poses incorporating balance, restorative stretching & breathing techniques. Flow is vinyasa style and designed for all levels.

**Pure Cycle:** This class will get the lower body moving and the heart pumping by combining strength and endurance components associated with cycling.

**Circuit:** High-intensity, constantly varied intervals of strength, cardio, and functional exercises! This class will be circuit style moving throughout a number of stations for a timed period. Get ready to sweat!

**Upper Body Express:** Strengthen and tone your arms, shoulders, and back in this 30-minute express class. Exercises building strength and definition in your upper body muscles will be the focus,

**Tabata:** Come join for a full body interval workout! 4 minutes at each interval with 20 seconds of work & 10 seconds of rest. All while using a variety of equipment.

**Essentrics:** A workout that strengthens and stretches every muscle in the body eccentrically, rebalancing the muscles of the body. Helping to improve posture, gain strength, working every joint in the body, and creating a lean toned body!

**Zumba:** A fusion of international music and dance themes that create a dynamic and exciting workout. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Body Rock:** Created by our personal instructor, Monica! This cardio dance class is a fun, diverse class while dancing to music ranging from pop, hip hop, rock, house music, and more! This class is mainly hip hop and today's current hits!

**5<sup>th</sup> Gear:** Each class will have 2-3 different themes ranging from HIIT, power, muscular endurance, balance, and more! You will challenge your body physically and mentally with various types of equipment including dumbbells, battle ropes, resistance bands, slam balls, and more.

**Synergy 360:** An express class that combines agility training, strength training, cardio & more! A quick way to come down to the fitness center to get a full body workout in under 30 minutes!

**Express Abs:** Focus on strengthening the abdominal and core muscles to improve posture, build functional strength, improve sports performance and improve balance.

**Stretch N' Roll:** Join us for a 30 minute break from your desk to stretch the whole body!

**Butts and Guts:** This class will push your glutes and abs to their limits as you sculpt your body to perfection.

**Meditation:** Enjoy a moment of peace during your busy workday with this FREE meditation-style class. Calming visualizations, relaxed breathing, and other mental exercises while seated or lying down provide ultimate focus.

**Gluteus Maxout:** In this class we will focus on the glutes in this killer class. Shape your backside and waistline in this enduring burnout!

**Ryan O'Callaghan, Fitness Center Manager, 720-598-7840**

**All fitness classes can be adapted to your fitness level! Talk with the instructor who will help you modify exercises to your needs and get a great workout that's appropriate to your level!**

[www.1stBankFitness.com](http://www.1stBankFitness.com)