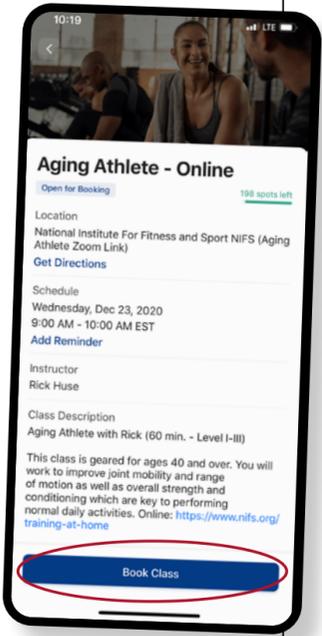


ON-LINE & GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING 6am - 11:30am		6-7a BODYPUMP with Anne BB COURT	6-6:50a RPM with Paula CYCLE AREA	6-7a BODYPUMP™ with Anne BB COURT		9-10a Vinyasa Yoga with Julie on ZOOM 
			6-7a Vinyasa Yoga with Julie AUDITORIUM			10-11a Cycling with Steven CYCLE AREA
	10-11a Aging Athlete with Rick AUDITORIUM	10-11a Strength & Cond. with Mike MEET AT TRACK DESK 	10-11a Aging Athlete with Rick AUDITORIUM		10-11a Aging Athlete with Rick AUDITORIUM	11:15a-12:15p Extreme Core with Rachel P. on ZOOM 
AFTERNOON NOON - 5:15pm	12-1p Vinyasa Yoga with Grace AUDITORIUM	12-12:30p Interval Training with Michael BB COURT	11:15 -11:45a Core & More with Kris MEET AT TRACK DESK 	12-12:30p Interval Training with Rachel P. BB COURT	12-1p Barre Fusion with Rachel P. BB COURT	
	12-1p Kettlebell Fund. with Rick MEET AT TRACK DESK 	12-12:30p Barre Express with Rachel W. on ZOOM 	12-1p Kettlebell Fund. with Rick MEET AT TRACK DESK 	12:45-1:15p *Les Mills CORE™ with Michael BB COURT	12-1p Yoga with Sarah AUDITORIUM	
	12-1p BODYPUMP with Jill BB COURT	12-1p Olympic Lift Fund. with Alex and Evan MEET AT TRACK DESK 	12-1p Yoga Strength/Restore with Grace AUDITORIUM	12-1p Olympic Lift Fund. with Alex and Evan MEET AT TRACK DESK 	4-5p BODYPUMP with Jill BB COURT	
	4:30-5p Les Mills CORE™ with Brittany BB COURT	12:45-1:15p Les Mills CORE™ with Michael BB COURT	12-1p BODYCOMBAT™ with Becky on ZOOM 			
EVENING 5:30 - 7:30pm	5-5:30p BODYATTACK EXP™ with Brittany BB COURT	4-5p Barre Above with Payton BB COURT	5:45-6:45p Pilates Fusion with Rachel P. BB COURT	5:15-6:15p BODYSTEP™ with Payton BB COURT	<h2>How to Access Online Classes</h2> <p>For access to online classes please register for the class on the NIFS app using the "Book Class" button. An email with class link and password will be sent to you*.</p> <p>*Must be an active NIFS member to participate in online classes.</p> 	
	5:45-6:45p Basic Boot Camp with Steven SPRINT LANES	5:15-6:15p Cycling with Payton CYCLE AREA	5:45-6:45p Basic Boot Camp with Steven SPRINT LANES			
		5:45-6:30p Interm. STEP with Rachel P. BB COURT	6-7p Vinyasa Yoga with Grace AUDITORIUM			
	7-8p BODYPUMP with Paula BB COURT			6:30-7:30p BODYCOMBAT™ with Brittany BB COURT		



@NIFSindy

Download our APP for the latest schedule updates!



CLASS DESCRIPTIONS

Aging Athlete (60 min. - Level I-III)

This class is geared for ages 40+. You will work to improve joint mobility and range of motion as well as overall strength and conditioning which are key to performing normal daily activities.

Barre Above/Fusion (60 min. - Level I-III)

Barre workouts are a fusion of yoga, Pilates, strength training, and core. Barre classes incorporate movement patterns to the beat of the music that target all muscle groups. Barre is a fun way to help improve strength, balance, flexibility and posture.

Barre Express (30 min. - Level I-III)

Barre workouts are a fusion of yoga, Pilates, strength training, and core. Barre classes incorporate movement patterns to the beat of the music that target all muscle groups. Barre is a fun way to help improve strength, balance, flexibility and posture.

Basic Boot Camp (60 min. - Level I)

Basic Bootcamp is back to the basics. A bootcamp style workout with medium intensity using dumbbells, kettle bells and other bodyweight exercises to get your heart rate up and muscles pumping.

BODYATTACK™ Express (30 min. - Level I-III)

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 calories** and leaving you with a sense of achievement.

BODYCOMBAT™ (60 min. - Level I-III)

Unleash yourself with this fiercely energetic mixed martial arts inspired cardio workout that makes you feel like a fighter. This relentless attack on calories uses moves like punches, kicks, elbows and knees to strengthen and tone your entire body. No equipment is needed, just bring water, a towel and your inner warrior.

BODYPUMP™ (60 min. - Level I-II)

The original barbell workout that strengthens and tones your entire body. Scientifically proven to be the fastest way to lose body fat, you'll use low weight loads and high repetitions to burn fat, gain strength and quickly produce lean muscle mass.

BODYSTEP™ (60 min. - Level I-III)

BODYSTEP is a workout where you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

Cardio Sculpt (60 min. - Level I-III)

An intense cardio/strength format to help burn fat and build lean muscles. Join us for challenging and heart pumping exercises.

Cycling (60 min. - Level I-III)

This high-energy cardiovascular workout uses various performance levels and speeds to get you cycle fit.

Extreme Core (60 min. - Level I-III)

Take your core strength to the extreme using Body Bars and other weighted equipment.

Les Mills CORE™ (30 min. - Level I-III)

This class will help strengthen your core and glutes. Put it in your workout schedule 2- 3 times per week and you'll be doing laundry on your abs in no time. Heavy lifting is not recommended after LM CORE due to core fatigue, so if you are doing strength training, add this in at the end of your workout.

Pilates Fusion (60 min. - Level I-III)

Improve your posture, balance, core strength and flexibility with the mind/body workout that adds length to your muscles and fine-tunes your strength. You'll get stronger from the inside out!

RPM™ (50 min. - Level I-III)

Ride it like you stole it! Take on the terrain with hills, flats, mountain peaks and time trials with this ultimate interval training cycle class. Driven by powerful music, you'll discover your athlete within and reach new heights!

Step - Intermediate (60 min. - Level II-III)

Keep your heart pumping with this cardio workout using the step. Intermediate choreography provides serious leg training and fun!

Step - Advanced (60 min. - Level III)

Not your momma's step class! Enjoy fun and challenging choreography to put rhythm in your feet, a smile on your face and sweat on your shirt.

Yoga - Vinyasa / Strength / Restorative (60 min. - Level I- III)

Serenity is found with yoga poses that flow continuously from one to another in synchronization with your breath Find your calm in the storm. Beginners are welcome. (Bring Your Mat.)

FITNESS MASTER CLASSES

Core and More

Bring it on! 30 minutes of Core and Functional Movement with a Fast Finisher! Get your full body moving and strengthen your core muscle groups.

Kettlebell Fundamentals

Learn from a Certified Master KB Trainer the fundamental movements for full-body strength and mobility – from one arm swings to the goblet squat. All fitness and experience levels welcome!

Olympic Lifting Fundamentals

Need a coach? Start building Olympic lifts into your core workouts under the watchful eye of a certified coach. Learn or improve your technique with personalized Olympic program design.

Strength & Conditioning

Build your mojo and endurance back with a time-efficient workout combining strength training with new and old school conditioning workouts.
