

NOVEMBER 2024 GROUP FITNESS
 Mercy Fitness Center - Cape Girardeau

NOVEMBER 2024 GROUP FITNESS Mercy Fitness Center - Cape Girardeau						
STUDIO 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 AM (45M) BODYPUMP <i>Leanne</i>	8:15 AM PILATES <i>Rose</i>	5:30 AM BODYPUMP <i>Virtual</i>	8:30 AM (30M) BODYSTEP <i>Meghan</i>	8:15 AM BODYPUMP <i>Rotates</i>
	9:15 AM BODYPUMP <i>Tracy</i>	9:30 AM BODYBALANCE <i>Tara/Kelsey</i>	9:15 AM BODYPUMP <i>Rotates</i>	8:15 AM CARDIO BARRE <i>Rose</i>	9:15 AM BODYPUMP <i>Meghan</i>	9:30 AM BODYBALANCE <i>Rotates</i>
	10:30 AM FUSION FITNESS <i>Jan</i>	10:30 AM BARRE Lite <i>Tara</i>	10:30 AM LOW IMPACT <i>Jan</i> 11:15 CHAIR YOGA	9:30 AM BODYBALANCE <i>Rose</i>	10:30 AM DANCE FITNESS <i>Meghan</i>	10:30 AM SHiNE Dance Fitness <i>Dana</i>
	12:00 PM BODYPUMP <i>Virtual</i>	12:00 PM ZUMBA <i>Ellen</i>	12:00 PM BODYPUMP <i>Virtual</i>	10:30 AM BARRE Lite <i>Tara</i>		
			2:30 PM WORKOUT 101 <i>Meghan</i>			
	4:00 PM (45M) BODYSTEP <i>Amy C</i>	4:15 PM BODYPUMP <i>Amy C/Amanda</i>	4:00 PM BODYSTEP <i>Meghan</i>	4:15 PM BODYPUMP <i>Amy C</i>	4:30 PM UPLIFT <i>Dana</i> <i>* offered 11/15</i>	
	5:30 PM BODYPUMP <i>Jan</i>	5:30 PM SHiNE Dance Fitness <i>Dana</i>	5:30 PM UPLIFT <i>Dana</i>	5:15 PM (30M) BODYSTEP <i>Meghan</i>	LES MILLS NEW RELEASES launch the week of Nov 11 *** Thanksgiving Day open 7a-noon: 8:15: Cy-Yo (30min cycle/30min Yoga) with Missy 9:15: BODYPUMP with Jan	
	6:45 PM DANCE FITNESS <i>Meghan</i>		6:30 PM BODYPUMP <i>Virtual</i>	5:45 PM BODYBALANCE <i>Meghan</i>		
	CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-7 AM RPM - extended ride (stay for all or part) <i>Matt</i>			5:30 AM CY-YO <i>Missy</i>	5:30-7 AM RPM - extended ride (stay for all or part) <i>Matt</i>		
8:15 AM RPM <i>Amy</i>			8:15 AM RPM <i>Cathy</i>		8:15 AM RPM <i>Amy</i>	8:15 AM RPM <i>Jan</i>
5:30 PM RPM <i>Geoff</i>	5:15 PM RPM <i>Crystal</i>	5:00 PM RPM <i>Jonya</i>	5:15 PM RPM <i>Jan</i>			

STUDIO 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 AM YOGA <i>Tara</i>	8:30 AM BASIC YOGA <i>Amy</i>	9:30 AM YOGA <i>Rose</i>	9:30 AM BODY-RESTORING YOGA <i>Tara</i>	8:15 AM YOGA <i>Kelsey</i> *NO CLASS 11/29*	
	5:30 PM YOGA <i>Tania</i>	5:30 PM BODYBALANCE <i>Meghan</i>	5:30 PM YOGA <i>Tania</i>		9:30 AM PILATES <i>Rose</i>	

CLASS DESCRIPTIONS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	<p>BARRE Fusion: Blending the best of BARRE, yoga, Pilates and strength into an effective cardio workout. (55m)</p> <p>BARRE Lite: A gentler version of BARRE Fusion. (45min)</p> <p>BASIC YOGA: Yoga poses and pose breakdowns designed for all levels. (60m)</p> <p>BODYPUMP: The original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for -- and fast! (55m) All levels</p> <p>BODY STEP: Strong functional step training that unleashes power & athleticism. Ideal for members seeking a challenging, results-focused step workout with simple step choreography. (60m) All levels</p> <p>BODY BALANCE: A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger, become more flexible & more physically aware; combines yoga, Tai Chi and Pilates. (55m) All levels</p> <p>BODY-RESTORING YOGA: A restful practice that focuses on restorative poses and visualization techniques to encourage physical, mental and emotional relaxation. (60m) All levels</p> <p>CHAIR YOGA: Suitable for all levels. Improves strength, flexibility and range of motion. (45m)</p>	<p>LOW IMPACT: Improve cardio function with minimal impact. (55m)</p> <p>PILATES: Improve flexibility, balance, strength; develop control and endurance throughout the body. (45m)</p> <p>REFIT@: This dance-inspired workout rocks your body, heart and soul with powerful moves and positive music. (60m)</p> <p>RPM: The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through the hills, flats, mountain peaks, time trials & intervals. Sweat and burn to reach your endorphin high. (45m) All levels</p> <p>SHiNE Dance Fitness: Choreography rooted in traditional jazz, ballet and hip hop; the perfect balance of cardio, toning and strength. (60m)</p> <p>UPLIFT: traditional strength moves + iconic music = increased muscular strength and endurance. (60m)</p> <p>WORKOUT 101: Basic level movements for balance, strength & flexibility. (45m)</p> <p>YOGA: Foundational yoga postures to align, strengthen and promote flexibility in the body. Modifications given for all levels. (60m)</p> <p>NOTE: LES MILLS Virtual On Demand workouts available when LIVE classes are not scheduled. Use the iPad in the studio1 and cycle studio to select from: BODYPUMP, BODYBALANCE and CORE. THE TRIP, RPM and SPRINT are available in the Cycle Studio.</p>										