



FITNESS ON DEMAND SCHEDULE

JANUARY 1 – APRIL 30 (2019)

NORTHLANDCENTERMN.COM

| | 11:30 am | 12:40 pm |
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| Monday | <p>SPORT VOL. 2 (54 min)</p> <p>Functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the experienced athlete. The moves are basic, yet progressive. The choreography is simple and engaging using strategically chosen athletic exercises focusing on cardio, strength, balance and core</p> | <p>TRANSFORM 9 EXPRESS (30 Min)</p> <p>TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.</p> |
| Tuesday | <p>WAR 20 (54 Min)</p> <p>TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.</p> | <p>GROOVE (30 MIN)</p> <p>Dance/Cardio</p> |
| Wednesday | <p>TRANSFORM 9 (54 Min)</p> <p>TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.</p> | <p>REVOLUTION 28 EXPRES (29 MIN)</p> <p>Short on time doesn't mean short on results. Saddle up for an efficient high intensity interval training (HIIT) cycling experience that strengthens your legs, improves heart and lung function, and increases your determination to be fit for life. 30 minutes is all your need.</p> |
| Thursday | <p>RIP 28 (52 Min)</p> <p>RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.</p> | <p>RHYTHM (35 Min)</p> <p>Dance/Cardio</p> |
| Friday | <p>POWERSTEP 19 (53 Min)</p> <p>POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. The athletic choreography will have an immediate impact that will ignite your passion for teaching.</p> | <p>WELL BALANCED FLOW (32 MIN)</p> <p>Get a full body workout in this invigorating vinyasa flow.</p> |

