

February

Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>See backside for class descriptions!</p>				<p>1 9a – 10a Cardio Toning with Tracy</p> <p>9:30a – 10:30a Spinning with Tina</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>2</p>	<p>3 8:15a – 9:15a Yoga with Angie</p> <p>9:30a – 10:30a Turbo Kick with Denise</p> <p>9:30a – 10:30a Spinning with Margo</p> <p>11a – 12p Zumba with Josh</p>
<p>4</p>	<p>5 5:30p – 6:15p TRX with Lynne</p> <p>6p – 7p Full Body Burn with Brooke</p>	<p>6 9:30a – 10:30a Spinning with Tina</p> <p>7p – 8p Zumba with Josh</p>	<p>7 6:15a- 7:15a Spinning with Margo</p> <p>10a – 11a Spinning with Tracy</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>8 9a – 10a Cardio Toning with Tracy</p> <p>9:30a – 10:30a Spinning with Tina</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>9</p>	<p>10 8:15a – 9:15a Yoga with Angie</p> <p>9:30a – 10:30a Turbo Kick with Denise</p> <p>9:30a – 10:30a Spinning with Margo</p> <p>11a – 12p Zumba with Josh</p>
<p>11</p>	<p>12 5:30p – 6:15p TRX with Lynne</p> <p>6p – 7p Full Body Burn with Brooke</p>	<p>13 9:30a – 10:30a Spinning with Tina</p> <p>7p – 8p Zumba with Josh</p>	<p>14 6:15a- 7:15a Spinning with Margo</p> <p>10a – 11a Spinning with Tracy</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>15 9a – 10a Cardio Toning with Tracy</p> <p>9:30a – 10:30a Spinning with Tina</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>16</p>	<p>17 8:15a – 9:15a Yoga with Angie</p> <p>9:30a – 10:30a Turbo Kick with Denise</p> <p>9:30a – 10:30a Spinning with Margo</p> <p>11a – 12p Zumba with Josh</p>
<p>18</p>	<p>19 5:30p – 6:15p TRX with Lynne</p> <p>6p – 7p Full Body Burn with Brooke</p>	<p>20 9:30a – 10:30a Spinning with Tina</p> <p>7p – 8p Zumba with Josh</p>	<p>21 6:15a- 7:15a Spinning with Margo</p> <p>10a – 11a Spinning with Tracy</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>22 9a – 10a Cardio Toning with Tracy</p> <p>9:30a – 10:30a Spinning with Tina</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>23</p>	<p>24 8:15a – 9:15a Yoga with Angie</p> <p>9:30a – 10:30a Turbo Kick with Denise</p> <p>9:30a – 10:30a Spinning with Margo</p> <p>11a – 12p Zumba with Josh</p>
<p>25</p>	<p>26 5:30p – 6:15p TRX with Lynne</p> <p>6p – 7p Full Body Burn with Brooke</p>	<p>27 9:30a – 10:30a Spinning with Tina</p> <p>7p – 8p Zumba with Josh</p>	<p>28 6:15a- 7:15a Spinning with Margo</p> <p>10a – 11a Spinning with Tracy</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>Find us on Social Media!</p> <p>419.724.7000</p> <p>www.gomadfitness.com</p> 		

Class Descriptions

Full Body Burn with Brooke

This fast-paced workout uses bodyweight, dumbbells and kettlebell exercises to burn fat and build muscle. Our Rockstar instructor, Brooke focuses on strengthening and toning all of the major muscle groups as well as getting in your daily dose of cardio!

Cardio Toning with Tracy

A great full body workout with 30 minutes of high intensity cardio movements partnered with 30 minutes of slower paced strength training using weights, finishing with core conditioning and stretching on a mat.

Turbo Kick with Denise

An energy-filled workout that anyone can do! Whether you love or hate burpees, there is a modifier for every fitness level. Turbo Kick with Denise combines easy and safe punches and kicks with awesome music that makes you forget you're even working out! Turbo Kick is great for all ages. Required equipment for class: Good tennis shoes and a positive attitude.

Zumba with Josh

Dance along to choreography with a fusion of Latin and International music. Zumba creates dance themes that create a dynamic and exciting full body workout! Based on the principle that a workout should be "fun and easy to do", Zumba features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Spinning with Tracy / Spinning with Margo

As Spinning is a high intensity workout, we encourage you to push yourself to the limit while also allowing you to go at your own pace. We will start with a warm up, and progress into the workout and end with a cooldown/stretch. We are here to help you properly set your bike up and will pump you up the entire way through the ride! ***Spinning is of high demand, so please reserve your spot 24 hours prior to class time by calling the club at (419) 724-7000!**

Spinning with Tina

This class is a 45 minute high intensity workout, starting with a warm up and progressing into a FUN, challenging paced ride. Tina will be there to guide, help, motivate and encourage you throughout your workout! A cooldown and stretch will consume the last 5 minutes of class.

Yoga with Angie

This yoga class is suitable for all fitness levels to gain balance, core strength, flexibility, stress relief, muscle recovery and even joint health. Come try a class for free! You'll love it!

TRX (Total Body Resistance Exercise) with Lynne

A total body workout that develops strength, balance, and core stability while using your own bodyweight as resistance. This class benefits people of all fitness levels and is fun and challenging! Come try this free class!