Mercy Fitness

Group Fitness Schedule

Effective May 7, 2021

Monday

5:30am CrossFit — Baile	T
5:30am Muscle Pump—Catrina	1
8:15am CORE Plus — Dawn	1
9:00am Yoga — Gena	1
9:30am Water Aerobics– James	P
10:00am Cardio Dance—Paula	1
11:00am SilverSneakers –Jayne	C
12:00pm SS Yoga — Jayne	1
4:30pm X Class — Gena	1
5:15pm Barre — Jenni	1
5:30pm Cycling — Gena	2
5:30pm CrossFit — Baile	T
6:00pm Zumba — Ana	1

Locations:
T– Tennis (weather dependent)
1– Studio I
2– Studio 2
C– Gym Court

Tuesday

5:30am CrossFit — Baile	T
8:00am Rebound—Dawn	1
8:30am Cycling—Carly	2
8:30am HIIT & HIRT — Logan	1
9:15am Barre — Darlin	1
10:30am Zumba — Donna	1
4:30pm Rebound — Dawn	1
5:00 pm Yoga —Jenni	2
5:15pm Muscle Pump-Catrina	1
5:30pm CrossFit — Justin	T
6:00pm Zumba — Isaac	1
6:00pm Water Aerobics– Jenni	P

Wednesday

5:30am CrossFit — Baile	T
5:30am Muscle Pump—Carly	1
8:30am Pilates CORE —Gena	1
9:00am Yoga — Gena	1
9:30am Water Aerobics– Liza	P
10:00am Cardio Dance—Paula	1
11:00am SS — Liza	2
4:30pm X Class — Gena	1
5:15pm Barre — Jenni	1
5:30pm Cycling — Gena	2
5:30pm CrossFit — Baile	T
6:00pm Zumba — Ana	1

Pickleball Schedule:

Mon/Wed/Fri: 10am-10:45am

Pickup games on the basket-ball court

Thursday

5:30am CrossFit — Baile	T
8:30am HIIT & HIRT — Logan	1
8:30am Cycle — James	2
9:15am Barre — Darlin	1
10:30am Zumba — Donna	1
4:30pm Rebound —Bridget	1
5:00 pm Yoga —Jenni	2
5:15pm Muscle Pump-Bridget	1
5:30pm CrossFit — Justin	T
6:00pm Zumba — Isaac	1
6:00pm Water Aerobics James	P

Friday

5:30am CrossFit — Baile	T
6:00am Yoga — Jenni	1
8:30am Muscle Pump — Carly	1
9:30am Yoga – Jeanne	2
9:30am Aqua Aerobics – Carly	P
10:00am BOOM Dance —Jayne	1
11:00am SilverSneakers –Jayne	C
12:00pm SS Yoga — Jayne	1
5:30pm CrossFit — Justin	T

Saturday

8:15am Muscle Pump —Rotation
9:15 am Cycling — Rotation
9:15 am Zumba — Rotation

Mercy CrossFit

Friday Night Lights

Last Friday of Month

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Due to COVID-19 social distancing/proper spacing while coming into, participating in, and leaving each class is required to ensure all participants safety. All equipment that is used during a class must be cleaned after use. Please follow proper group fitness etiquette while coming into, participating in, and leaving each class. Thank you, for your continued support and understanding!

Strength, Passion, Love
We Are Mercy Fitness Instructors

Group Fitness Class Description

Barre: This class is designed around the ballet principals. Each class incorporates high intensity sequences of thigh, seat and core exercises at the barre.

Body Flow: Full body stretching and relaxation.

Body Shop/Muscle Pump: A great well balanced heat to toe workout. Designed for all levels, you will utilize hand weights, resist-a-bands, tubing, body-bars, and your own body weight.

Cardio Dance: Get your heart rate up, and sweat rolling with low-impact dance.

CORE: It's all about the abs. This class is designated to target your abdominal region and back which is better known as your "core". Core training is the essence of all functional stability.

CrossFit: "constantly varied functional movements performed at high intensity." High intensity weightlifting, cardio, gymnastics, and body weight workouts.

Cycling: The idea is to simulate outdoor cycling. The class uses specialized stationary bikes and your own imagination. All Schwinn bikes are equipped with the "Look" style pedals.

HIIT & HIRT: Designed to help you both lose body fat and gain lean muscle through utilizing both high intensity interval training (HIIT) and high intensity resistance training (HIRT)! Combining full body resistance training with high intensity interval training HIIT & HIRT will challenge you and push you towards your goals. Be prepared to lift weights, perform functional/dynamic movements, and agility/plyometrics.

Muscle Pump: Build muscle endurance with low to medium weights and high repetitions in this strength training class.

Rebounding: Low-impact trampoline exercise class. It is a trampoline based workout, where participants perform jumps and controlled movements to the beat of music.

Silver Sneakers: Have fun through a variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers Yoga: (chair yoga) targets flexibility, range of movement, balance and mind-body integration. It offers light to moderate intensity rhythmic and static range of motion with breathing exercise instruction.

Water Aerobics: A cardio and strengthen water based program with pool weights, and low impact as water is your resistance. For all levels of experience

X Training: A unique fusion of gravity, sport/athletic training, plyometrics and core work. This 45 minute workout is geared to the intermediate/advanced fitness enthusiast who is wanting results and willing to push their personal limits.

Yoga: Improve posture, strength, flexibility, and blood circulation. All the while, breathing deeply for a relaxing hour of complete wellness.

Zumba: Low-impact Latin dance.

Group Fitness Class Etiquette

Our class etiquette guidelines are designed so all members experience a successful, safe and enjoyable workout. Thank you for your cooperation.

1. Please be on time.
2. Classes are a group activity, we request that you follow the instructor's routine.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Keep conversation to a minimum.
5. Please do not enter the class before the current class is finished.
6. Appropriate exercise attire must be worn.
7. Reserving spaces is NOT permitted.
8. Gym bags are not permitted in the studios.
9. Water must be in an enclosed, non-breakable container. Food is not permitted.
10. In consideration for other members, no cell-phones please. We request that cellphones and pagers are kept on silent mode.
11. Members may not use the stereo equipment.
12. We request all equipment be cleaned and returned to proper storage areas.