

THE REC CENTER AT WISTERIA FITNESS SCHEDULE: MARCH 2-6

MONDAY, MARCH 2

5:30pm: Les Mills BodyPump

Les Mills Bodypump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit — fast. Using a Les Mills Smartbar and Smartstep, you'll work all your major muscles as you increase aerobic fitness and build strength. The encouragement, motivation, and great music you get in a BodyPump class will leave you feeling energized, confident and powerful, while getting you fitter, faster.

WEDNESDAY, MARCH 4

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

2:45pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

5:30pm: Les Mills BodyPump

Les Mills Bodypump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit — fast. Using a Les Mills Smartbar and Smartstep, you'll work all your major muscles as you increase aerobic fitness and build strength. The encouragement, motivation, and great music you get in a BodyPump class will leave you feeling energized, confident and powerful, while getting you fitter, faster.

THURSDAY, MARCH 5

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

6:15pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

THE REC CENTER AT WISTERIA FITNESS SCHEDULE: MARCH 9-13

MONDAY, MARCH 9

8:15am: Intro to Tabata

This class is a beginner-friendly class that introduces you to high-intensity interval training (HIIT) using simple movements to build strength and boost cardiovascular endurance. You'll experience a fast and effective workout using the Tabata format of 20 seconds of work followed by 10 seconds of rest.

9am: Yoga Flow

A mid-afternoon cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

12:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Les Mills BodyPump

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WEDNESDAY, MARCH 11

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

2:45pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

5:30pm: Les Mills BodyPump

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THURSDAY, MARCH 12

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

6:15pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

THE REC CENTER AT WISTERIA FITNESS SCHEDULE: MARCH 16-20

MONDAY, MARCH 16

8:15am: Intro to Tabata

This class is a beginner-friendly class that introduces you to high-intensity interval training (HIIT) using simple movements to build strength and boost cardiovascular endurance. You'll experience a fast and effective workout using the Tabata format of 20 seconds of work followed by 10 seconds of rest.

9am: Yoga Flow

A mid-afternoon cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

12:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Les Mills BodyPump

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WEDNESDAY, MARCH 18

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

2:45pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

5:30pm: Les Mills BodyPump

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THURSDAY, MARCH 19

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

6:15pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

THE REC CENTER AT WISTERIA FITNESS SCHEDULE: MARCH 23-30

MONDAY, MARCH 23

8:15am: Intro to Tabata

This class is a beginner-friendly class that introduces you to high-intensity interval training (HIIT) using simple movements to build strength and boost cardiovascular endurance. You'll experience a fast and effective workout using the Tabata format of 20 seconds of work followed by 10 seconds of rest.

9am: Yoga Flow

A mid-afternoon cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

12:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Les Mills BodyPump

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WEDNESDAY, MARCH 25

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

2:45pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

5:30pm: Les Mills BodyPump

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THURSDAY, MARCH 26

12:30pm: Mid-Day Stretch

Take a break to reset your body and mind with this gentle, full-body stretch class. Designed to reduce stiffness, improve mobility, and relieve tension from sitting or daily activity, this class will leave you feeling refreshed, relaxed, and ready for the rest of your day.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

6:15pm: Yoga Flow

An evening cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

MONDAY, MARCH 30

8:15am: Intro to Tabata

This class is a beginner-friendly class that introduces you to high-intensity interval training (HIIT) using simple movements to build strength and boost cardiovascular endurance. You'll experience a fast and effective workout using the Tabata format of 20 seconds of work followed by 10 seconds of rest.

9am: Yoga Flow

A mid-afternoon cup of Zen. Link breath and movement together to strengthen mind, body, and spirit.

12:30pm: Core Strength

This 30-minute class helps to strengthen the powerhouse for better posture, a stronger core, and increased body awareness.

2pm: Pure Strength

A time-efficient, 30-minute total body workout for any associate with toning and strengthening goals, including planks, pushups, squats, and more of your favorites.

5:30pm: Les Mills BodyPump

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