



Grizzly Group Fitness Class Schedule

2026 Fall/Winter Lineup September 8th– December 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	CrossFit-Collin Triple Threat-Deno	CrossFit-Collin Strong Nation-Brittany	CrossFit-Collin Triple Threat-Deno	CrossFit-Jeff	CrossFit-Jeff Power Yoga-Esther	
8:15am	FlowFit-Deno	Muscle Mobility Plus-Deno	FlowFit-Deno Rep&Flex-Amanda	Muscle Mobility Plus-Deno	Rep&Flex-Amanda	HIGH Fitness-Micah
9:30am	CrossFit Strong-Mindy Total Body-Amanda	CrossFit-Courtney HIGH Fitness-Vanessa	CrossFit Strong-Amanda Upbeat Barre-Micah	CrossFit-Courtney Cycle-Vanessa	CrossFit Strong-Amanda Upbeat Lift-Vanessa	Yoga-Paula
10:45am	Upbeat Pilates-Lindsey	10:30am CrossFit Teens-Courtney Power Yoga-Esther	Upbeat Pilates-Lindsey	10:30am CrossFit Teens-Courtney Hot Upbeat Pilates-Micah	MY-YO-Release-Vanessa	
4:30pm	CrossFit-Mindy Cycle-Nikki	CrossFit-Mindy UpBeat Lift -Vanessa	CrossFit- Thad 75min Hot Yoga-Jennifer	CrossFit-John Total Body-Amanda	5:15pm CrossFit-Thad	
5:45pm		Beginners CrossFit-Amanda		Total Body-Nikki		

Visit our website or app for class descriptions.

Class Location Key
GroupX in The Box
CrossFit in The Box
GroupX Room
Court 4

***Refer to Short Session Schedule for additional pop up and short session class offerings.**

Group Fitness classes are open to all gym members 14yrs and older who have group fitness included in their membership.

Grizzly Group Fitness Class Descriptions

- **CrossFit**- (*Cardio, Strength, Sports Training*) CrossFit is a high intensity interval training style that incorporates elements of sports training along with day-to-day functional fitness movements. Scaling options will be given for all fitness abilities. Classes/WODS are constantly varied; no workout is the same.
- **CrossFit Strong**- (*Strength, OLY Lifting, Sports Training*) CrossFit Strong is a 90min class that starts with a 45min weight lifting focus on deadlift, bench press and back squat movements. This class is structured to increase strength over time with a progressive overload approach. The Metcon of the day will follow the strength training portion for the ultimate finisher.
- **Beginners CrossFit**- (*Cardio, Strength, Sports Training*) This CrossFit class will be catered to the beginner member, it will focus on breaking down and learning the basic movements, techniques and principles of a typical CrossFit class. All skill levels are welcome.
- **CrossFit Teens**- (*Cardio, Strength, Sports Training*) A CrossFit class designed for youth ages 12-18yrs old. Scaling options will be given for all fitness abilities.
- **Triple Threat**- (*Cardio, Strength, Mobility*) Pump, Burn, and Core elements in equal parts at your own pace. Strength, Cardio and Core elements mashed up with mobility moves that matter. Start your day all fired up!
- **Strong Nation**- (*Cardio*) Kick and HIIT your goals with this total body mixed martial arts influenced cardio workout. Every punch, kick, and squat has its own sound effect laid into original/unique sound tracks. Scorch calories during and after this power packed sweat sesh.
- **FlowFit**- (*Cardio, Strength, Light Weights*) This class is a choreographed blend of movement flows and balance sequences using body weight and light strength training for a total body strengthening workout.
- **Muscle Mobility Plus**- (*Cardio, Weights, Mobility*) Spicy functional cardio, strength and mobility moves performed on a timer so that “you can do you” at your own pace. It is an “everything but the kitchen sink” kind of workout. Lots of options, modifications and progressions will be offered.
- **Rep & Flex**- (*Strength, Weights*) A class of just weights, focusing on proper weight lifting. It will be a combination of; heavy weight lifting, strength exercises, Olympic and traditional bar movements. This class will have no cardio and will help build muscle and strength.
- **HIGH Fitness**- (*Cardio*) Aerobics is back, bigger, better, and HIGHER than ever. HIGH is simple, intense, consistent, and FUN. It takes the old school aerobics up to the next level with modern fitness techniques. These choreographed cardio routines will have you addicted and coming back for more.
- **Total Body**- (*Cardio, Strength, Weights*) A high-intensity class focusing on strength gains and body transformation through varied timing methods and circuit-based workouts to create challenging and fun workouts to take your fitness level as far as you're willing to go.
- **Cycle**- (*Cardio*) Come pedal away to motivating music and challenging routines that include sprints, hills, and jumps. You'll be amazed to see how many miles and calories you can burn in a class.
- **Upbeat Barre**- (*Mobility, Strength, Light Weights*) Elements of Pilates, strength training, yoga and ballet are incorporated in this low impact and challenging workout. You'll increase strength, balance, and flexibility. It will chisel and tone your body like never before.
- **Upbeat Lift**- (*Strength, Weights*) Upbeat Lift combines pure strength super sets with progressive overload endurance training, isolating muscles groups and working to failure with heavier weights. UPL rocks popular tunes choreographed for an intense and accessible muscular strength workout.
- **Upbeat Pilates**- (*Core Work, Light Weights*) Upbeat Pilates is a high-energy mat class that utilizes traditional pilates elements and equipment in an Upbeat way. UPP rocks choreographed popular tunes for core-focused, full body, consistent, and sweaty workout that leaves no muscles behind.
- **Hot Upbeat Pilates**- (*Core Work, Light Weights*) Same Upbeat Pilates class in but in 90 degree heat.
- **MY-YO-Release**- (*Mobility, Stretch*) This 60-minute class kicks off with 30 minutes of choreographed stretching to music in the energizing YO format from HIGH Fitness, then transitions into 30 minutes of myofascial release using foam rollers, massage balls, and mobility tools to unwind tight muscles and enhance recovery.
- **Yoga**- (*Mobility, Stretch*) A traditional class that includes both challenging and restorative poses in sequence with the breath allowing you to build strength, balance, mobility, flexibility, and focus.
- **Power Yoga**- (*Mobility, Stretch, Light Weights*) A dynamic vinyasa-style class held in a heated 80–85° room. Expect vigorous stretching and a fast-paced flow that incorporates a variety of postures, light weights, resistance bands, and straps—while emphasizing breath with movement.
- **Hot Yoga**- (*Mobility, Stretch*) Move and sweat in this 75 minute dynamic yoga class. The room is set to 90 degrees but it is 100% fun!