


Total Balance Group Fitness Schedule

(Effective January 1st)

www.tbfargo.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30-8:10am Full Body Cardio and Core Circuit (Shelley)	5:30-6:10am Full Body Cardio and Core Circuit (Shelley)	5:30-6:30am Group Power® (Molly)	5:30-6:30am Group Fight® (Molly)	5:30-6:15am Super HIIT Sculpt (Shelley)	
	ALTERNATING WEEKLY FORMAT *8:45-9:45am Dance Attack *(Jan 11, 25) (Cleveland) *8:45-9:45am Group Active® *(Jan 4, 18) (Barb)	ALTERNATING WEEKLY FORMAT *8:45-9:45am  *(Jan 12, 26) (Barb) *8:45-9:45am Super Sculpt *(Jan 5, 19) (Barb)	8:45-9:45am Group Active® (Kristy)	8:45-9:30am Group Core® & Stretch (Lindsay)	8:45-9:55am Super Sculpt & Stretch (Barb)	9:00-10:00am Group Fight® (Molly)
10:00-11:00am Group Centergy® (Lindsay)	10:00-10:30am Forever Fit Tabata (Shelley)		10:00-10:30am Forever Fit Low Impact (Shelley)		10:00-10:30am Silver Sneakers® Classic (Shelley)	10:00-11:00am All Levels Yoga (Ginny)
	Noon-12:45pm Cardio + Group Core® (Lindsay)	Noon-100pm Group Centergy® (Barb)	Noon-1:00pm Mossa Fusion (Lindsay)	Noon-1:00pm Group Active® (Barb)	Noon-1:00pm Group Centergy® (Kristy)	
5:00-6:00pm Dance Attack (Naomi)	6:00-7:00pm Yoga for All (Ginny)	*5:30-6:20pm Express Group Active® (Kristy) 6:30-7:30pm Dance Attack (Naomi)	6:30-7:30pm Dance Attack (Cleveland)	5:30-6:15pm Super HIIT Sculpt (Shelley) 6:30-7:30pm Dance Attack (Cleveland)	<p align="center">Club Hours:</p> <p align="center">Monday – Friday: 5:30am – 8:00pm Saturday: 6:45am – Noon Sunday: CLOSED (open for group fitness classes only)</p> <p align="center">Phone: 701.293.6037</p>	

Classes with *next to their time indicates either an express class or an alternating format class.

MOSSA Class Descriptions: Mossa's mission is quite simple: to get more people moving! Mossa has a series of group fitness programs that are carefully designed to deliver a simple, fun, and effective social exercise experience independent of barriers like gender, age, or fitness level. All Total Balance's Mossa instructors have been trained and certified in the following formats to deliver fun, safe, and effective workouts for you!

Group Active®: Activate your life in only one hour! Feeling fitter stronger and more alive has never been more achievable or more enjoyable. Incorporating all elements of fitness, Group Active will increase your cardio endurance, build your strength, and improve your balance & flexibility. All this is offered in a supportive environment, with motivating music and caring instructors. Get more out of life, Get Active!

Group Centergy®: Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Positive, uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy! *A Yoga mat is recommended.

Group Fight®: Group FIGHT brings it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking, and smiling! Group Kick will knock you out!

Group Power®: Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

Other Group Fitness Class Formats:

Circuit Sculpt: We bring the weight room into the group fitness room in this class. Work in a circuit style fashion fatiguing every major muscle group to redefine and strengthen your body head to toe.

DanceAttack: Dance Attack will take your cardio and dance skills to an ALL NEW level! Join dance choreographer Cleveland Smith for his 1-hour power packed fitness fun dance party! Try something different for your body, mind and spirit and learn to embrace your body's movement in Dance Attack!

Forever Fit: This gentle, fun class is for everyone who wishes to stay fit forever (caters to 55+). Come swing to some of your favorite old tunes and receive a low impact workout at the same time. Each work-out will be different; we incorporate the platform bench, weights, bands, balls to challenge your strength, cardio, balance, and mental focus! Several options will be given so we can accommodate ANY fitness level!



This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.--- Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Along with driving, motivating music, participants jam through R.I.P.P.E.D. with smiles, determination, and strength. No boredom here, for all levels, R.I.P.P.E.D. is effective, it is tough yet doable; R.I.P.P.E.D. will absolutely challenge your levels of fitness and endurance!

Silver Sneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. 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.

Step Sculpt: Classic meets contemporary step aerobics! In this class, you will utilize the step for 3 to 4-minute cardio segments combined with 1-minute total body strength moves. This awesome format strengthens and shapes the body one step at a time. Energetic music and motivating Kym creates this spunky group experience.

Super Sculpt: It is time to put all that 'other equipment' in the group fitness room to use! 'Muscle Confusion' workouts are also one of the top fitness industry trends. Super Sculpt is just that. You will never do the same work-out twice so that your body does not become 'comfortable' and therefore reach a plateau. This is a great strength training class for the athlete or the beginning participant. We will lead you through a total body efficient and effective workout in just 40-45 minutes. Each class will use a variety of equipment and keep you engaged to the very last rep. End with a focused 10-minute relaxing and centering stretch.

Yoga:

Yoga for All: This class focuses on basic classical yoga postures, alignment principles and breathing techniques. Whether you are brand new to Yoga or well on your journey, we will meet you where you are and leave you feeling rejuvenated, elongated, and most definitely centered. ALL bodies welcome.