

# Group Fitness

Class Schedule

*Effective April 22, 2024*

Group Fitness Questions?

e-mail Jackie Fontaine

Jfontaine@forecourtri.com

Classes are included in your membership

**Monday**

5:45 A.M.  
9 A.M.  
10A.M.  
5:30 P.M.  
6:25 P.M.

SPRINT  
RIP  
STRETCH (20 min)  
GROUP ACTIVE  
STRETCH (20 min)

KLW  
Jackie  
Jackie  
Jamie/Krystal  
Jamie/Krystal

**Tuesday**

9 A.M.  
5:30 P.M.

REV  
RIP

Jackie  
Ashley

**Wednesday**

5:45 A.M.  
9 A.M.  
5:30 P.M.

SPIN  
BOOTCAMP  
REV

Kharissa  
Danielle  
Jamie

**Thursday**

9 A.M.  
9:35 A.M.  
5:30 P.M.

CORE  
SPRINT  
GROUP ACTIVE

Noelle  
Mike  
Krystal

**Friday**

5:45 A.M.  
9 A.M.  
5:30 P.M.

SPIN & SCULPT  
GROUP ACTIVE  
SPRINT

Kharissa  
Jackie  
Jamie/KLW

**Saturday**

8:15 A.M.  
9 A.M.

POWER STEP (40 min)  
RIP

Danielle  
Ashley

**Sunday**

8:15 A.M.  
8:55 A.M.  
9:30 A.M.

SPRINT  
CORE  
GROUP ACTIVE

KLW  
Jamie  
Jamie



@ForeCourtRI

44 Cray Street | Cumberland, RI 02864

(401) 333-4480 | www.ForeCourtRI.com



# Bootcamp

In Bootcamp we will work for timed intervals utilizing basic athletic ,agility and strength moves such as: Squats, Lunges, Burpees, Wall Sits, Mountain Climbers, etc. We encourage you to adapt the moves to suit your need and move at your own pace. We keep the moves, format the same in all BOOTCAMP classes for 3 weeks, then change the whole thing.



Simple movement patterns to help improve athletic conditioning. With basic equipment - steps and dumbbells, you've got a 3-in-1 class at your fingertips. Designed to get you moving in all planes and ranges of motion, with a few surprises thrown in to keep you on your toes. We encourage you to adapt the moves to suit your need and move at your own pace.



The energizing workout that makes you feel alive! Using a height-adjustable step and simple movements on, over and around the step . Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body



RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement and plane is attacked using weights and bodyweight. Featuring safe, motivating exercises and great music to create a thrilling group Fitness atmosphere.



Exercising muscles around the core, provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. You will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. This class is always 30minutes.



## SPIN

Indoor cycling classes are done in a fitness studio, with a variety of music to create an energized atmosphere.. Instructors guide participants through workout phases. Warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose.



This cycling workout delivers maximum results with minimum impact on your joints while burning upwards of \*500 calories. Tune in to some great music and get your pedals spinning on a journey of hill climbs, sprints and flat riding.



This is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike . It's an intense style of training that combines bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

**All group fitness classes are suitable for all fitness levels!**



## STRETCH

In this 20-minute class we focus on improving mobility, flexibility and balance by using a variety of moves, sequences and basic yoga Poses to help you move better in daily life! All while listening to music that will help you unwind. If you work out you need this in your life!

## SPIN & SCULPT

Journey through a 30 min workout on the bike followed by 15 minutes of strength training and abdominal work off the bike..

