

ShipShape

Pennsylvania



Group Exercise Schedule – Orion

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 – 7:00a HIIT	6:30 – 7:30a BODYPUMP™	6:15 – 7:00a BOOT CAMP	6:30 – 7:15a CARDIO KICKBOXING	6:15 – 7:00a BIKES & BELLS
7:15 – 8:00a YOGA		7:15 – 8:00a BARRE		7:15 – 8:00a BARRE
	7:35 – 8:20a INDOOR CYCLING		7:35 – 8:20a INDOOR CYCLING	
11:10 – 11:40a BOOT CAMP	11:10a – 11:55a CARDIO KICKBOXING	11:10a – 11:55a BARRE	11:10a – 11:55a POWER SCULPT	11:10 – 11:40a BOOT CAMP
12:00 – 12:30p POWER SCULPT	12:00 – 12:30p *BOOT CAMP	12:00 – 12:30p *GRIT™	12:00-12:45p BODYPUMP™	12:00p – 12:45p POWER SCULPT
12:30 – 1:00p *GRIT™	12:30 – 12:45p ABS BLAST	12:30 – 12:45p ABS BLAST		
1:05 – 1:50p YOGA	1:05-1:20 MINDFULNESS MEDITATION	1:05 – 1:50p INDOOR CYCLING	1:05 – 1:50p YOGA	1:05 – 1:50p BIKES & BELLS
4:45 – 5:30p CARDIO KICKBOXING	4:45 – 5:30p HIIT	4:45 – 5:30p BOOT CAMP	4:45 – 5:30p BARRE	<small>PROFESSIONALLY MANAGED BY</small>
5:30 – 6:30p YOGA	5:30 – 6:30p ZUMBA®	5:30 – 6:30p BODYPUMP™	5:45 – 6:30p BOOT CAMP	

Updated April 2019

* Please arrive early to receive a ticket for a spot

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Class Descriptions

ABS BLAST:

Focusing on abdominal training and lower-back conditioning, this class is perfect for strengthening your midsection.

BOOT CAMP:

This class challenges your whole body by combining cardio and strength-training exercises in a variety of workout formats.

BODYPUMP™:

BODYPUMP™ is a Les Mills™ barbell workout for anyone looking to get lean, toned, and fit – fast.

BARRE:

Strengthen and tone your core and lower body with this ballet-inspired fitness class. You will perform a variety of exercises that focus on isometric strength training combined with high reps of small range-of-motion movements.

BIKES & BELLS :

Combination indoor cycling class and off-the-bike body conditioning using weights and bands.

CARDIO KICKBOXING:

This fast-paced class takes you through drills and combinations of kicks and punches, keeping your heart rate high and your energy even higher!

GRIT:

30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Utilizing barbell, weight plate, and body weight exercises to blast all major muscle groups, the HIIT training effect will burn calories for hours after the workout, increase aerobic fitness, and grow lean muscle tissue, burning fat.

HIIT

This high-intensity interval training workout will push you to your full potential. Exercises include speed drills, plyometric, and bodyweight exercises for a total body-conditioning cardiovascular workout!

INDOOR CYCLING:

Ride to the beat in this playlist-driven ride. “Performance” comes from daring and exciting challenges along the way. Let go and ride!

POWER SCULPT:

High volume reps and low resistance exercises challenge strength, cardio, and endurance in a 45-minute nonstop sweat session.

MINDFULNESS MEDITATION:

This class will help you to train your attention, connect to your body, and cultivate awareness. This class is strictly meditative (no physical exercise)

YOGA:

Open level: Find your “yogic” balance and develop your practice. This class combines fluid movements and deep stretches while focusing on mindfulness and breathing. Increase flexibility, balance, and strength, while also improving your energy and calm.

ZUMBA®:

This dance-movement inspired class delivers variety of high and low intensity dance movements, inspired by music from all over the world. Prepare to smile, laugh, and sweat!

PROFESSIONALLY
MANAGED BY

EXOS