



DTY October Group Ex Schedule
Downtown Huntsville Express Center
 October 1st - October 31st

101 Church Street
 Huntsville, AL 35801
 (256) 319-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Interval Blast Bridgeworth LLC Group Ex Room Adrienne D. 5:30am - 6:30am	Indoor Cycling Indoor Cycling Room Chrystalle D. 5:30am - 6:30am	Interval Blast Bridgeworth LLC Group Ex Room Jennifer B. 5:30am - 6:15am	Indoor Cycling Indoor Cycling Room Chrystalle D. 5:30am - 6:30am	Interval Blast Bridgeworth LLC Group Ex Room Adrienne D. 5:30am - 6:30am		
6am		Therapeutic Yoga Bridgeworth LLC Group Ex Room Nancy B. 6:30am - 7:30am		Therapeutic Yoga Bridgeworth LLC Group Ex Room Nancy B. 6:30am - 7:30am			
8am		Body Sculpt Bridgeworth LLC Group Ex Room Sara F. 8:30am - 9:30am		Body Sculpt Bridgeworth LLC Group Ex Room Sara F. 8:30am - 9:30am		Indoor Cycling Indoor Cycling Room Adrienne D. 8am - 9am	
						Barre Bridgeworth LLC Group Ex Room Laura Bl. 8:15am - 9:15am	
9am	Pilates Bridgeworth LLC Group Ex Room Jana B. 9am - 10am		Pilates Bridgeworth LLC Group Ex Room Jana B. 9am - 10am	Pilates Bridgeworth LLC Group Ex Room Jana B. 9:30am - 10:30am			
11am			Yoga Bridgeworth LLC Group Ex Room Claire G. 11am - 12pm				
12pm	H.I.I.T. Bridgeworth LLC Group Ex Room Hope F. 12:15pm - 12:45pm		Indoor Cycling Indoor Cycling Room Jennifer B. 12pm - 1pm		Indoor Cycling Indoor Cycling Room Adrienne D. 12pm - 1pm		Cycling Blast Indoor Cycling Room Adrienne D. 12:30pm - 1:30pm
			H.I.I.T. Bridgeworth LLC Group Ex Room Hope F. 12:15pm - 12:45pm		Yoga Bridgeworth LLC Group Ex Room Carrie S. 12pm - 1pm		
5pm	Indoor Cycling Indoor Cycling Room Adrienne D. 5:30pm - 6:30pm	H.I.I.T. Bridgeworth LLC Group Ex Room Hope F. 5:15pm - 5:45pm	Indoor Cycling Indoor Cycling Room Mallory O'Neal 5:30pm - 6:30pm	H.I.I.T. Bridgeworth LLC Group Ex Room Adrienne D. 5:15pm - 5:45pm			
	ZUMBA Bridgeworth LLC Group Ex Room Rachel T. 5:30pm - 6:30pm	Pilates Bridgeworth LLC Group Ex Room Joelle W. 5:45pm - 6:45pm	ZUMBA Bridgeworth LLC Group Ex Room Jill M. 5:30pm - 6:30pm	Pilates Bridgeworth LLC Group Ex Room Joelle W. 5:45pm - 6:45pm			
6pm	Gentle Yoga Bridgeworth LLC Group Ex Room Nancy B. 6:30pm - 7:30pm						

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions

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Barre - Barre classes are high-energy, intense fat & calorie burning, non-impact workouts designed to work every muscle in your body.

Body Sculpt - Achieve muscle definition and tone and finish off with 15 minutes of ab and core work.

Gentle Yoga - A slow-paced class incorporating deep breathing exercises, classic yoga postures, deep relaxation, and mindful awareness.

H.I.I.T. - H.I.I.T. (high intensity interval training) combines strength, weight, endurance, Tabata and athletic training to get your heart pumping, burn calories and improve cardiovascular health. All fitness levels welcome.

Indoor Cycling - This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle.

Interval Blast - Take your workout and your body to a whole new level in this constantly changing, high intensity class filled with strength training, plyometrics, and speed drills. This is an athletic class, but you work out at your own fitness level.

Pilates - A great way to work on your core strength, your overall muscle tone, and flexibility. This non-impact class is great for overall body conditioning.

Therapeutic Yoga - Use this therapeutic whole body approach to yoga to recover from competition, sustain readiness for sports, heal injuries, or correct imbalances.

Yoga - This nonaerobic form of exercise improves muscle tone, increases flexibility, and reduces daily stress.

ZUMBA - ZUMBA infuses Latin rhythms and easy to follow moves to create a dynamic cardio workout that will tone your body while burning fat.