



**DTY November 2017**  
**Downtown Huntsville Express Center**  
 November 1st - November 30th

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

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

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

**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.