# GROUP EXERCISE SCHEDULE

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**KEY**

**Strength**
- Designed to increase overall strength and muscle endurance.

**Cycling**
- Indoor cycling classes emphasize endurance, HIIT, and strength.

**Zumba**
- Dance-based, Latin and World music inspired classes.

**Fusion**
- Combinations of traditional strength and cardio-based formats.

**Yoga**
- Classes focus on postures to target breathing, flexibility, and strength.