### **Orchid Gym Weekly Group Fitness Class Schedule**

Join our energizing and fun group fitness classes! We offer a variety of classes to suit all fitness levels and interests. Here's our weekly schedule:

#### Monday

* 6:00 AM: Sunrise Yoga - Start your week with a calming and centering yoga session.
* 9:30 AM: Total Body Strength - A full-body workout focusing on strength and endurance.
* 12:00 PM: Midday HIIT - High-Intensity Interval Training for a quick, intense midday workout.
* 6:00 PM: Zumba - Dance your way to fitness with this high-energy, fun workout.

#### Tuesday

* 6:00 AM: Early Bird Spin - Energizing and intense cycling session.
* 10:00 AM: Aqua Aerobics - Low-impact, refreshing pool workout.
* 5:30 PM: Pilates - Improve your core strength and flexibility.
* 7:00 PM: Kickboxing - High-energy class focusing on cardio and coordination.

#### Wednesday

* 6:00 AM: Boot Camp - A challenging mix of cardiovascular and strength training.
* 9:30 AM: Barre Fitness - Ballet-inspired workout to tone and sculpt your body.
* 12:00 PM: Power Yoga - A dynamic and physically demanding style of yoga.
* 6:00 PM: Body Pump - A barbell workout for anyone looking to get lean and toned.

#### Thursday

* 6:00 AM: Circuit Training - A mix of strength and cardio exercises in a circuit format.
* 10:00 AM: Senior Fitness - Gentle exercise focusing on strength, flexibility, and balance.
* 5:30 PM: Spin & Sculpt - Combination of cycling and strength training.
* 7:00 PM: Meditation and Mindfulness - Wind down with guided relaxation and meditation.

#### Friday

* 6:00 AM: HIIT & Run - Interval running mixed with high-intensity exercises.
* 9:30 AM: Vinyasa Yoga - A flowing, dynamic sequence of poses.
* 12:00 PM: Core Blast - A quick, intense workout focusing on the abdominal muscles.
* 6:00 PM: Dance Fitness - End your week with fun dance routines.

#### Saturday

* 9:00 AM: Weekend Warrior - A high-energy mix of cardio and strength.
* 11:00 AM: Family Yoga - A fun yoga class for members and their children.
* 1:00 PM: Mobility and Stretch - Focus on stretching and improving mobility.

#### Sunday

* 10:00 AM: Restorative Yoga - A relaxing and rejuvenating class.
* 12:00 PM: Spin Class - Cardio workout on a stationary bike.
* 4:00 PM: Tai Chi - Gentle martial arts focusing on relaxation and balance.