

# MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT 8:15 Power Sculpt 9:30 Power Sculpt
2 8:45 Cardio Sculpt 10:00 PumpedUp 45	3 8:30 TBW 45 9:30 Blast + Burn 45 4:45 Cardio Sculpt	4 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	5 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Power Sculpt 6:00 NO CLASS	6 8:30 Cardio Sculpt 9:30 Barre + Burn 45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	7 8:30 Cardio Sculpt 9:30 Flex + Floor 45	8 8:15 Power Sculpt 9:30 Power Sculpt
9 8:45 Cardio + Stretch	10 8:30 TBW 45 9:30 Blast + Burn 45 4:45 Cardio Sculpt	11 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	12 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Power Sculpt 6:00 Cardio Sculpt	13 8:30 Cardio + Stretch 9:30 Barre + Burn 45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	14 8:30 Cardio Sculpt 9:30 Flex + Floor 45	15 8:15 Power Sculpt 9:30 Power Sculpt
16 8:45 Cardio Sculpt 10:00 PumpedUp 45	17 8:30 TBW 45 9:30 Blast + Burn 45 4:45 Cardio Sculpt	18 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	19 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Power Sculpt 6:00 Cardio Sculpt	20 8:30 Cardio Sculpt 9:30 Barre + Burn 45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	21 8:30 Cardio Sculpt 9:30 Flex + Floor 45	22 8:15 Power Sculpt 9:30 Power Sculpt
23 8:45 Cardio + Stretch	24 8:30 TBW 45 9:30 Blast + Burn 45 4:45 Cardio Sculpt	25 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	26 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Power Sculpt 6:00 Cardio Sculpt	27 8:30 Cardio + Stretch 9:30 Barre + Burn 45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	28 8:30 Cardio Sculpt 9:30 Flex + Floor 45	29 8:15 Power Sculpt 9:30 Power Sculpt
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## THE FITNESS STUDIO

TFSDEWITT.COM of DeWitt

TRY YOUR FIRST WEEK FOR JUST \$10! Contact Lindsay at [lindsaympost@gmail.com](mailto:lindsaympost@gmail.com) or 517-242-0872.

Schedule is subject to change without notice. Updates are shared in TFS Community Group on Facebook.

CLASSES IN BLACK = CONQUEST FITNESS (13575 Airport Rd, Lansing, MI 48906)

CLASSES IN BLUE = CHRIST UNITED CHURCH (1000 W. Webb Rd, DeWitt, MI 48820)

THE FOLLOWING CLASSES ARE AFFILIATED WITH JAZZERCISE. TFS MEMBERS, PLEASE RESERVE YOUR SPOT FOR THESE CLASSES VIA THE JAZZERCISE APP!  
CARDIO SCULPT, POWER SCULPT, SCULPT, CARDIO + STRETCH, AND POWER SCULPT

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20 NO CLASS TODAY HAPPY EASTER!	21 8:30 TBW 45 9:30 Blast + Burn 45 4:45 Cardio Sculpt	22 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	23 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Power Sculpt 6:00 Cardio Sculpt	24 8:30 Cardio + Stretch 9:30 Barre + Burn 45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	25 8:30 Cardio Sculpt 9:30 Flex + Floor 45	26 8:15 Power Sculpt 9:30 Power Sculpt
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# THE FITNESS STUDIO

*of DeWitt*

## **BARRE + BURN**

No ballet experience required! Barre + Burn fuses standing muscular endurance exercises (utilizing the barre for stability) with focused core work on the mat. Moves are inspired by those done by dancers to improve posture, flexibility, overall body strength, and balance.

## **BLAST + BURN**

A brain/body connection proven to increase memory + mood. Standing dance cardio and balance work followed by focused core work on the mat. This class uses neuro dance + strength training ideology to engage the brain, boost coordination, and increase spatial + self-awareness.

## **CARDIO SCULPT (JAZZERCISE)**

Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by strength training and stretching.

## **CARDIO SCULPT LO (JAZZERCISE)**

This low-impact, dance-based cardio and strength class is designed with you in mind. High-impact movements are replaced with hop-less alternatives to protect the joints. All are welcome and encouraged to try this muscle-driven workout, but make no mistake - you will leave sweating and feeling accomplished!

## **FLEX + FLOOR**

A mind/muscle connection to help achieve functional fitness goals. Standing strength and balance work followed by focused core work on the mat. This class uses neuro-strength training ideology to engage the brain, boost coordination, and increase spatial + self-awareness.

## **INTERVAL SPIN**

Get some cycling in along with targeted work for your arms and abs! This format takes place partially on the bikes as well as off the bikes utilizing a variety of equipment.

## **POWER SCULPT (JAZZERCISE)**

Fire up your metabolism in this HIIT class combining high-intensity, dance-based cardio with intervals of targeted strength work. Finish with concentrated strength training.

## **PUMPED UP STRENGTH**

A new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

## **SCULPT (JAZZERCISE)**

Build lean muscle in this strength training class. You'll squat, push-up and plank your way to total-body wellness with routines that sculpt and tone every muscle in your body.

## **STRETCH (JAZZERCISE)**

This dance-inspired flow of dynamic and static stretching restores your muscles and resets your mind so you're ready for your next workout.

## **TOTAL BODY WORKOUT (TBW)**

Increase strength and improve metabolism and flexibility. A variety of training equipment and exercises are used throughout the class. All fitness levels are welcome!

## **YOGA**

A multi-disciplinary class focusing on alignment, and breath awareness while moderately flowing from one posture to the next using breath as the vehicle.