

MAY 2025

SUN	MON	TUE	WED	THU 1	FRI 2	SAT 3
				8:30 Cardio + Stretch 9:30 Barre 4:45 Cardio Sculpt Low 6:00 PumpedUp	8:30 Cardio Sculpt 9:30 Sculpt45***	8:15 Power Sculpt 9:30 Power Sculpt
4 8:45 Cardio Sculpt	5 8:30 TBW 9:30 Blast 4:45 Cardio Sculpt	6 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low	7 8:30 VITAL Sculpt HIIT 9:30 Interval Spin 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	8 8:30 Cardio + Stretch 9:30 Barre 4:45 Cardio Sculpt Low 6:00 PumpedUp	9 8:30 Cardio Sculpt 9:30 Burn	10 8:15 Power Sculpt 9:30 Power Sculpt
11 8:45 Cardio Sculpt 10:00 PumpedUp	12 8:30 TBW 45 9:30 Blast 4:45 Cardio Sculpt	13 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low	14 8:30 VITAL Sculpt HIIT 9:30 Interval Spin 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	15 8:30 Cardio + Stretch 9:30 Barre 4:45 Cardio Sculpt Low 6:00 PumpedUp	16 8:30 Cardio Sculpt 9:30 PumpedUp***	17 8:15 Power Sculpt 9:30 Power Sculpt
18 8:45 Cardio Sculpt	19 8:30 TBW 45 9:30 Blast 4:45 Cardio Sculpt	20 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low	21 8:30 VITAL Sculpt HIIT 9:30 Interval Spin 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	22 8:30 Cardio + Stretch 9:30 Barre 4:45 Cardio Sculpt Low 6:00 PumpedUp	23 8:30 Cardio Sculpt 9:30 Burn	24 8:15 Power Sculpt 9:30 Power Sculpt
25 8:45 Cardio Sculpt 10:00 PumpedUp	26 NO CLASS TODAY	27 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low	28 8:30 VITAL Sculpt HIIT 9:30 Interval Spin 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	29 8:30 Cardio + Stretch 9:30 Sculpt45*** 4:45 Cardio Sculpt Low 6:00 PumpedUp	30 8:30 Cardio Sculpt 9:30 Burn	31 8:15 Power Sculpt 9:30 Power Sculpt

THE FITNESS STUDIO

TFSDEWITT.COM of DeWitt

TRY YOUR FIRST WEEK FOR JUST \$10! Contact Lindsay at 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, VITAL SCULPT AND POWER SCULPT

JUNE 2025

SUN 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
8:45 Cardio Sculpt	8:30 TBW 9:30 Blast 4:45 Cardio Sculpt	8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low	8:30 VITAL Sculpt HIIT 9:30 Interval Spin 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	8:30 Cardio + Stretch 9:30 Barre 4:45 Cardio Sculpt Low 6:00 PumpedUp	8:30 Cardio Sculpt 9:30 PumpedUp***	8:15 Power Sculpt 9:30 Power Sculpt
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BARRE - 45 MINUTES

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

BLAST - 45 MINUTES

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

CARDIO SCULPT (JAZZERCISE) - 1 HOUR

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

CARDIO SCULPT LOW (JAZZERCISE) - 1 HOUR

The low-impact version of our signature dance-based class. High-impact movements are replaced with muscle-focused alternatives to protect your joints and maximize results.

BURN (Formerly Flex) - 45 MINUTES

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 dynamic movement to engage the brain, boost coordination, and increase spatial + self-awareness.

INTERVAL SPIN - 45 MINUTES

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) - 1 HOUR

Fire up your metabolism with high-intensity dance cardio and intervals of targeted strength training.

PUMPED UP STRENGTH - 45 MINUTES

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) - 45 MINUTES

Build lean muscle, improve mobility, and support bone health in this full-body strength training class.

STRETCH (JAZZERCISE) - 30 MINUTES

Relieve muscle tension, improve flexibility, and prevent injuries in this feel-good, restorative stretch class.

TOTAL BODY WORKOUT (TBW) - 45 MINUTES

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

VITAL SCULPT HIIT (JAZZERCISE) - 1 HOUR

This invigorating HIIT-style class promotes strength, vitality, and long-term hormone health with a science-backed blend of targeted sculpting, high-intensity cardio, and functional movement training.

YOGA - 45 MINUTES

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