

Grove Aquatic and Fitness Center

May 1st - June 29th Specialty Fitness Schedule



Boot Camp Express	P100	M,W,F 5:15-5:55AM	Joanna	Turf	24	\$59/99	5/1-6/26
Boot Camp Express	P101	M,W,F 6-6:40AM	Joanna	Turf	24	\$59/99	5/1-6/26
Boot Camp	P102	M/W 9-10AM	Claudia	Turf	16	\$59/99	5/1-6/26
Boot Camp	P104	T/TH 12-1PM	Angie	Turf	16	\$59/99	5/2-6/25
Boot Camp	P103	M/W 5:30-6:30PM	Shari	Grove 2	16	\$59/99	5/1-6/26
Boot Camp (outdoor)	P110	F 9-10AM	Claudia	South Valley	8	\$39/59	5/3-6/21
Boot Camp	P111	Sat 10-11AM	Andrew/Claudia	NG Gym	8	\$39/59	5/4-6/22
Boxing Camp	P140	Sun 5-6PM	Jeron	Studio	8	\$49/79	5/5-6/23
Core for Performance	P230	M/W 12-12:50PM	Joanna	Grove 2	16	\$59/99	5/1-6/26
Core Express	P231	F 10:10-10:40AM	Claudia	Grove 2	8	\$19/39	5/3-6/21
Food & Fitness	P250	Th 10-10:50AM	Kayla	Grove 2	8	\$45/65	5/2-6/20
Instafit	P160	T/Th 6:30-7:20PM	Chris	NG Gym	8	\$35/55	5/2-5/28
Instafit	S160	T/Th 6:30-7:20PM	Chris	NG Gym	8	\$35/55	6/4/6/27
Mind Body Makeover	P191	M/W 8-8:50AM	Angie/Kayla	Grove 2	16	\$59/99	5/1-6/26
Mind Body Makeover	P192	M/W 6:30-7:20PM	Tania/Cindy	Grove 2	16	\$59/99	5/1-6/26
Qigong in the Park	P181	Th 10-10:50AM	Sandy	Groveland	8	\$39/59	5/2-6/20
Tai Chi in the Park	P180	Tu 10-10:50AM	Eileen	Groveland	8	\$39/59	5/7-6/25
Yoga in the Park	P170	Tu 6-6:50PM	Melissa	South Valley	16	\$39/59	5/7-6/25
Paddleboard Fitness	S304	Tu 8-8:50PM	Amy	Lap Pool	3	\$65/85	5/7-5/21
Paddleboard Fitness	S305	Th 8-8:50PM	Amy	Lap Pool	3	\$65/85	5/9-5/23
Strength Training Circuit	P134	M/W 10:10-11AM	Claudia	Fitness Center	16	\$59/99	5/1-6/26
Strength Training Circuit	P135	T/Th 6:30-7:20PM	Joanna	Grove 2	16	\$59/99	5/2-6/25
Strength Stride & Stretch	P120	Tu/Th 11-11:50AM	Angie	Studio	16	\$39/59	5/2-5/28
Triathlon	P232	T/Th 5:10-6:40AM	Shari/Joanna	Grove 2	16	\$79/119	5/2-6/25
TRX Bell	P210	Tu/Th 7-7:50AM	Joanna	Grove 2	16	\$59/99	5/2-6/25
TRX Bell	P211	Tu/Th 8-8:50AM	Joanna	Grove 2	16	\$59/99	5/2-6/25
TRX Bell	P213	F 5:30-6:20AM	Laura	Grove 2	16	\$59/99	5/3-6/21
TRX Bell	P214	Sat 8-8:50AM	Laura	Grove 2	8	\$39/59	5/4-6/22



The mobile app allows you to get the most up to date details on class descriptions, schedules, and instructor information.

We will be closed
May 27 for Memorial Day.

Specialty Fitness Classes

Spice up your workout routine with one of our specialty classes, designed to challenge and invigorate!

Spring Session Begins: May 1

Summer Session Begins: July 7

Register at least one week prior to class start date to avoid late fee

For class dates, times or to register, visit:

invergroveheights.org/register or call 651-450-2480.

- Youth and Teens ages 10-14 may register with a registered parent or guardian



CLASS TITLE	DESCRIPTION	SESSION FEES MEMBER/NON-MEMBER
Boot Camp	Trainers will push you to achieve your fitness goals with fun, challenging workouts using a variety of equipment including TRX, kettlebells and battle ropes. Stay motivated and work as a team to burn mega calories!	\$39/\$59 (Friday) (8 - 60 min. sessions) \$59/\$99 (Mon. & Wed.) (16 - 60 min. sessions)
Boot Camp Express	Trainers will push you to achieve your fitness goals with fun, challenging workouts! Stay motivated and work as a team to burn mega calories!	\$59/\$99 (M/W/F) (24 - 40 min. sessions)
Boxing Camp	Learn basic and advanced boxing combinations and jab, kick and hook your way to a leaner body and healthier state of mind. Moderate- to high-intensity level.	\$49/\$79 (8 - 60 min. sessions)
Core Express	Use TRX, kettlebells, bosu balls and stability balls to improve your core strength in 30 minutes.	\$19/\$39 (8 - 30 min sessions)
Core for Performance	Use TRX, kettlebells, bosu balls and other equipment to improve core strength to use for your golf swing or athletic needs.	\$59/\$99 (16 - 50 min. sessions)
Food & Fitness	Trainers help you educate yourself to make better food choices, set goals and be accountable in class and online. And learn a different type of low-impact workout each week. Class will be 30 minutes of education and goal setting and 30 minutes of fitness.	\$45/\$65 (8 - 60 min. sessions)
Mind Body Makeover	This is a great way to jump start your fitness journey and experience a variety of exercise formats! Each session includes 45 minutes of low-impact strength and cardio and 15 minutes of nutrition, wellness and stretching.	\$59/\$99 (16 - 60 min. sessions)
Stand Up Paddleboard	You'll experiment with balance, learn strength moves and Yoga poses on the board while working in your comfort zone. Gain confidence and practice centering. Taught by Brown Dog Paddleboard.	\$65/\$85 (3 - 50 min. sessions)
Strength Training Circuit	Work with a certified trainer in a small group setting to effectively sculpt and strengthen your upper and lower body. Improve metabolism, balance, bone density and confidence. Lose inches and lbs.	\$59/\$99 (16 - 50 min. sessions)
Strength Stride and Stretch	Warm-up with Nordic Walking Poles, strengthen your body with resistance bands and relax with stretching. Poles will be available or you may purchase your own.	\$39/\$59 (8 - 50 min. sessions)
TRX Bell	Work in a small group setting to train your body with TRX suspension training and Kettle Bells. This time-efficient class will elevate your heart rate and strengthen your whole body.	\$59/\$99 (16 - 50 min. sessions)
QiGong in the Park	Learn basic qigong exercises to increase longevity and cultivate the life force in the body, surrounded by nature. Focus on posture, breath, mindfulness and gentle movement. Held in South Valley Park . Check the Weatherline for updates.	\$39/\$59 (8 - 50 min. sessions)
Tai Chi in the Park	Practice the moves of Sun Style based Tai Chi surrounded by nature. We will meet at Groveland Park for 50 min. sessions. Check the Weatherline for updates.	\$39/\$59 (8 - 50 min. sessions)
Yoga in the Park	Pracice the moves of basic Yoga surrounded by nature. We will meet at South Valley Park for 50 min. sessions. Check the Weatherline for updates.	\$39/\$59 (8 - 50 minute sessions)