



**Fitness Center at
Williams Tower**

GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:15am		Rhythm Ride	Motion Cage Lower Focus	Rhythm Ride	
11:30am	GRIT x HIIT Upper Focus				Friday Flex
12:05pm			Motion Cage Lower Focus		
12:15pm		Mat Pilates		Yoga	
4:30pm				BASEcamp: Core+Glutes	
5:30pm	HeartCore				

**SCAN THE QR CODE TO RESERVE YOUR SPOT
AND VIEW THE MOST UP TO DATE SCHEDULE!**



PASSWORD:
wt2800

**TROPHY
FITNESS**



BASEcamp: Core+Glutes - A fast-paced, full-body circuit that builds strength, endurance, and mental toughness - all in just 30 minutes. Designed for efficiency and results, this high-energy class keeps you moving with intentional coaching and smart programming that challenges every level.

Motion Cage Upper/Lower Focus - This targeted strength training class uses our state-of-the-art Motion Cage equipment to build functional strength and improve mobility. With TRX, battle ropes, trap bar, kettlebells, and more, each session zeroes in on either upper or lower body for balanced, progressive gains.

Rhythm Ride - A rhythm-based indoor cycling experience that fuses beat-driven choreography with high-performance training. Expect road-inspired intervals, strength climbs, and rhythm sprints that push your power and endurance—all with music that moves you.

GRIT x HIIT - Upper Focus - A dynamic fusion of high-intensity interval training and purposeful grit. This class blends strength, cardio, and core with expert coaching to help you build resilience, torch calories, and elevate your fitness.

Yoga - A modern approach to mind-body connection, this class follows the Journey Into Power sequence—rooted in Baptiste-style yoga—with intentional breathwork, strength-based poses, and a serene, flowing pace. Designed to build flexibility, mobility, and presence, this class supports both physical recovery and mental clarity. All levels welcome.

HeartCore - Get your heart pumping and core firing in this smartly designed cardio-strength fusion. You'll rotate through a mix of rowing, treadmill, plyometrics, the Curve, and functional core work for a workout that improves stability, stamina, and metabolic burn.

Mat Pilates - A focused, high-energy class that targets core, glutes, posture, and balance through controlled movements. Expect variety each session with small props, tempo shifts, and professional cueing that helps you move better and feel stronger from the inside out.

Friday Flex - Your end-of-week wild card. From strength circuits and agility drills to recovery flows and team challenges, Friday Flex keeps it fresh and fun while reinforcing what your body needs most before the weekend. Expect the unexpected—every time.