



**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
12:15pm		The BURN Method	Motion Cage Full Body Power	Yoga	
5:00pm	Power Circuit Lab			BaseCamp: Core+Glutes	

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



PASSWORD:
wt2800

TROPHY
FITNESS



Motion Cage Upper/Lower/Full Body Power - 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 upper, lower or full-body programming throughout the week for balanced, progressive gains. ***Full Body Power** will alternate intensities and incorporate explosive and max-effort bursts with varied rest times for maximum results.

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.

BaseCamp Core+Glutes - A focused strength session built to fire up your glutes and core while improving stability and control. Expect intentional movement, controlled tempo, and exercises that support posture, strength, and everyday performance. All levels welcome.

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.

Power Circuit Lab - Step into the Lab. This is a total-body strength class built around strategic, high-impact stations designed to build power, strength, and endurance. We're moving with purpose—testing different loads, rep schemes, and movement patterns to challenge your body in new ways. Expect dumbbells, kettlebells, and functional equipment, with minimal downtime and a steady, controlled pace. Every round is part of the experiment... and the results speak for themselves.

The BURN Method - Full-body strength-focused training using higher reps, controlled tempo, and minimal rest. Less cardio, more control. Build endurance and feel the BURN.

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.