

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



GROUP EXERCISE STUDIO

**MONDAY**

**INSANITY** - Kelli  
5:15-6:00am

**YOGA FOR STRENGTH**  
Kelli  
6:00-6:30am

**BOOTCAMP** - Kristin  
7:00-8:00am

**ZUMBA STEP** - Maria  
9:00-10:00am

**PILATES** - Ali  
10:15-11:00am

**SILVER SNEAKERS**  
Mo  
11:15-12:00pm

**TAI CHI FORM** - Lucky  
12:30-1:30pm

**PICKLEBALL** - Sean  
(Vernon)  
1:00-3:00pm

**ZUMBA** - Jay  
5:00-5:45pm

**STT** - Glorimar  
5:50-6:50pm

**YOGA** - Linda  
7:00-8:00pm

**TUESDAY**

**STT** - Heidi  
5:15-6:15am

**HEAVY BAG** - Joy  
9:00-9:50am

**GENTLE YOGA** - Sarita  
10:00-11:00am

**KIDS FITNESS** - Randy

**JUJITSU** - Master Paul  
5:30-6:30pm

**ZUMBA TONING** -  
Rodolfo  
6:30-7:30pm

**WEDNESDAY**

**INSANITY** - Kelli  
5:15-6:00am

**PILATES** - Lisa  
9:05-9:50am

**POWER HOUR** - Jesse  
10:00-11:00am

**SILVER SNEAKERS**  
Vicki  
11:15-12:00pm

**BALLET FIT** - Char  
1:30-2:15pm

**HIIT** - Ginny  
4:30-5:30pm

**ZUMBA** - Rodolfo  
6:00-7:00pm

**STT** - Rodolfo  
7:15-8:15pm

**THURSDAY**

**HIIT** - Kristin  
9:00-9:45am

**GENTLE YOGA** - Lori  
10:00-11:00am

**SILVER SNEAKERS**  
**CHAIR YOGA**  
Lori  
11:15-12:00pm

**PICKLEBALL** - Sean  
(Vernon)  
1:00-3:00pm

**TAI CHI QIGONG** - Erin  
4:15-5:15pm

**JUJITSU** - Master Paul  
5:30-6:30pm

**GENTLE/YIN YOGA**  
Linda  
6:45-7:45pm

**FRIDAY**

**GROUP CYCLE** - Marshall  
5:15-6:00am

**BOOTCAMP** - Jesse  
8:00-8:45am

**POWER YOGA** - Sarah B.  
9:00-9:50am

**PILATES** - Ali  
10:00-11:00am

**SILVER SNEAKERS**  
Mo/Randy  
11:15-12:00pm

**TRX** - Sean  
5:15-6:15am

**CYCLE & SCULPT** - Kristin  
9:15-10:00am

**SATURDAY**

**STT** - Heidi  
7:10-8:10am

**Step** - Tracy  
8:15-9:00am

**ZUMBA** - Maria/Laura  
9:10-9:55am

**ALL LEVELS YOGA** - Sarita  
10:15-11:15am

**EATING WELL** -  
1st WEEK OF THE  
MONTH  
8:15-9:00am  
Heidi

**GROUP CYCLE** - Laura  
8:15-9:00am

**GROUP CYCLE** - Heidi  
9:30-10:15pm

**SUNDAY**

**ZUMBA** - Tressa  
9:10-9:55am

**BOOTCAMP** - Lisa/  
Kristin  
10:00-11:00am

**YOGA** - Indora  
11:00-12:00pm

**GROUP CYCLE** - Andrea  
9:15-10:00am

**TRX** - Jesse  
10:30-11:30am

CYCLE ROOM

**TRX** - Sarah  
7:00-8:00am

**GROUP CYCLE** - Kendra  
9:00-9:45am

**GROUP CYCLE** - Lisa  
6:00-6:45pm

**KARATE**  
Master Paul  
7:00-8:00pm

**GROUP CYCLE** - Lisa  
8:15-9:00am

**GROUP CYCLE** - Frederick  
5:15-6:00am

**GROUP CYCLE** - Kendra  
9:00-9:45am

**GROUP CYCLE** - Heidi  
6:10-6:55pm

**KARATE**  
Master Paul  
7:00-8:00pm

**TRX** - Jesse  
7:30-8:30pm

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
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WINTER 1  
SCHEDULE  
1/7-2/24

## CLASS DESCRIPTIONS

**BOOTCAMP** – This high-energy program includes an intense cardiovascular workout and strength training drills– develops strength, stamina and agility. (B, I, A)

**BALLET FIT** – Ballet training meets Pilates. A mix of upper and lower body moves to strengthen and tone. Begin standing utilizing a chair as your barre and end the class on your mat for core work and stretching. (B, I, A)

**GENTLE YOGA** – Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition. (B, I, A)

**GROUP CYCLE** – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride. (I, A)

**CYCLE & SCULPT**– Get your cardio and strength workout in with 30 minutes on the bike followed by weight training off the bike.

**HEAVY BAG** – A kickboxing style class that combines punching, kicking and body weight strength training for a full body workout. Gloves are strongly recommended. (I, A)

**HIIT** – HIIT is a form of interval training with an exercise strategy alternating periods of short intense exercise with less intense recovery periods. Intense cardiovascular exercise that improves athletic capacity and condition. Also improves fat burning and glucose metabolism. (I, A)

**INSANITY** – INSANITY is a cardio class based on max interval training. This class will push you past your limits with athletic/ plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. you don't have to be in extreme shape -- levels of each exercise are provided. Time to dig deep! (I, A)

**JUKIDO** – Learn the basics of Jukido, a form of Jujitsu, which means “the way of gentle, flowing power.” Jukido classes are a modern system of fitness stressing discipline, honor and loyalty. (B, I, A)

**KARATE**– This dynamic and powerful form of karate emphasizes strikes, but has a strong jujitsu influence that allows for defense from various attacks. (B, I, A)

**KIDS FITNESS** – A group fitness class for kids ages 4–7 incorporating games, exercise, and FUN!

**PILATES** – Learn the subtleties of proper core engagement and be challenged to hold this engagement building your endurance. Instructor teaches functional movement using static holds, dynamic exercises and detailed explanation of subtle feeling. You will get stronger while pesky aches and pains diminish. (B, I, A)

**POWER HOUR** – An intense hour mixed with drills and strength training that will push you to your limit! (I, A)

**POWER YOGA** – You will be lead through a dynamic, powerful, playful practice that allows you to work at your own level. Delivers a physical yoga practice as a tool of transformation, encouraging you to reclaim your full potential, discover creativity, awaken passion, and create authenticity, confidence and new possibilities. (B, I, A)

**SILVER SNEAKERS CLASSIC** – The goal of the class is to help participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs. (B)

**STT**– Strength Train Together is a cardio-based strength training program that targets each major muscle group. It's a great way to build cardiovascular strength, improve bone density and tone lean muscle mass.(B, I, A)

**TAI CHI FORM** – (Chi Kung) Ancient Chinese exercise system that uses slow, smooth body movements described as “mediation in motion.” Tai Chi will help improve balance, enhance strength and flexibility, reduce stress, lower blood pressure, and ease chronic pain. (B, I, A)

Purple classes are cycling classes

Orange classes are non-cycle membership-included group exercise classes

Blue classes are programs and require registration and an extra fee

Green classes are for Active Older Adult

“B”  
Beginner classes, for all levels

“I”  
Intermediate level classes

“A”  
Advanced classes, for those with fitness experience