

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SCHEDULE

1/3/2019

GROUP EXERCISE STUDIO

STUDIO 2 (upstairs)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>BALANCE &amp; FLEX</b> Jill 5:45-6:45 am  <b>YOGA FOR STRENGTH</b> Melissa 7:45-8:45 am  <b>KICKBOXING</b> Jackie 9:00-10:00 am  <b>LIFT</b> Suzi 10:00-11:00 am  <b>SILVER SNEAKERS CL</b> Suzi 11:00 am-11:45 am  <b>LIFT</b> Lisa 4:30-5:30 pm  <b>BALANCE &amp; FLEX</b> Vicki or Terri 5:30-6:30 pm  <b>HATHA FLOW YOGA</b> Cathy 6:30-7:30 pm  <b>ZUMBA</b> Amy 7:45-8:45 pm	<b>GROUP CYCLE</b> Jen 5:45-6:45 am  <b>STEP</b> Mary 8:15-9:15 am  <b>GROUP CYCLE</b> Suzi 9:30-10:30 am  <b>LIFT</b> Jackie or Suzi 10:45-11:30 am  <b>ABS &amp; STRETCH</b> Jackie 11:30 am- 12:00 pm  <b>TAI CHI/CHI GONG</b> Jeff 12:15-1:15 pm  <b>ZUMBA</b> Sue 4:30-5:20 pm  <b>GROUP CYCLE</b> Jen 5:30-6:15 pm  <b>METABOLIC COND.</b> Domi 7:45-8:45 pm	<b>LIFT</b> Jill 5:45-6:45 am  <b>YOGA FOR STRENGTH</b> Laura 7:45-8:45 am  <b>METABOLIC COND.</b> Jackie 9:00-10:00 am  <b>BALANCE &amp; FLEX</b> Amy 10:00-11:00 am  <b>SILVER SNEAKERS CI</b> Amy 11:00 am-11:45 am  <b>PILATES</b> Diana 4:30-5:30 pm  <b>POUND</b> Vicki 5:30-6:30 pm  <b>YOGA</b> John 6:30-7:30pm  <b>ZUMBA</b> Diana 7:45-8:45 pm	<b>GROUP CYCLE</b> Jane 5:45-6:45 am  <b>LIFT</b> Suzi 8:30-9:15 am  <b>GROUP CYCLE</b> Suzi 9:30-10:30 am  <b>LIFT</b> Jacki 10:45-11:30 am  <b>ABS &amp; STRETCH</b> Jackie 11:30 am-12:00 pm  <b>GROUP CYCLE</b> Diana 4:30-5:30 pm  <b>HIIT</b> Laura B 5:30-6:15 pm  <b>HATHA FLOW YOGA</b> Cathy 7:45-8:45 pm	<b>GROUP CYCLE</b> Jen 5:45-6:45 am  <b>VINYASA FLOW YOGA</b> Jennifer 7:45-8:45 am  <b>KICKBOXING</b> Jackie 9:00-10:00 am  <b>LIFT</b> Jackie 10:00-11:00 am  <b>SILVER SNEAKERS YOGA</b> Katie 11:00 am-11:45 am  <b>LIFT</b> Terri 5:30-6:30 pm	<b>GROUP CYCLE</b> Jill or Jane 7:45-8:45 am  <b>HATHA FLOW YOGA</b> Jill or Rebecca 9:00-10:00 am  <b>ZUMBA</b> Vicki 10:00-11:00 am  <b>BALANCE &amp; FLEX</b> Vicki 11:00am -12:00 pm	<b>POUND</b> Diana 11:15 am-12:00 pm  <b>R.I.P.P.E.D</b> Laura B 12:15-1:30 pm  <b>VINYASA YOGA</b> John 4:15-5:30 pm
		<b>GENTLE YOGA</b> Melissa 8:15-9:15 am  <b>RESTORATIVE YOGA</b> Melissa 9:30-10:45 am  <b>ROLL &amp; RELEASE</b> Kim 5:30-6:30 pm  <b>EXTREME FIT</b> Laura B 6:30-7:30 pm	<b>YOUTH ZUMBA</b> Amy 9:00-9:45 am  <b>BOSU BOOT CAMP</b> Suzi 10:00-10:45 am  <b>YOUTH YOGA</b> Becca 4:00-5:00 pm  <b>EXTREME FIT</b> Laura B 6:30-7:30 pm	<b>YOGA</b> Aubrey 9:30-10:30 am  <b>BALLET EXTREME FIT</b> Diana 5:45-6:30 pm  <b>EXTREME FIT</b> Laura B 6:30-7:30 pm			<b>BALLET FIT</b> Diana 12:15-1:15 pm
	<b>SR STRENGTH &amp; BALANCE</b> Katie 9:30-10:15 am	<b>SR CARDIO DANCE FIT</b> Sue 9:30-10:15 am	<b>SR STRENGTH &amp; BALANCE</b> Katie 9:30-10:15 am	<b>SR STRENGTH &amp; BALANCE</b> Irene or Nicole 9:30-10:15 am	<b>SR STRENGTH &amp; BALANCE</b> Katie 9:30-10:15 am		

**KEY**  
 \*Free group ex classes (orange)  
 \*Free cycle classes (purple)  
 \*SR = Free senior classes (blue)  
 \*Paid programming, includes additional fee (red with yellow highlight)

## CLASS DESCRIPTIONS

Group exercise classes are for all levels of fitness. Classes marked with a "C" are challenging for individuals new to fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

**ABS & STRETCH** – This is a 30 min low impact class that focuses on core work and incorporates gentle stretch for improved flexibility and mobility.

**BALANCE AND FLEX** – Will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through the full-body fitness journey.

**BALLET FIT** – Ballet Fit is a high-intensity barre workout that blends strength training with ballet-inspired movement. Designed to fatigue each muscle through targeted small-range movements. This class will effectively produce an exquisitely sculpted & lean body. Prepare to shape your arms, contour your thighs, lift your seat and flatten your abs from a variety of positions with a mix of evolving & innovative choreography.

**GROUP CYCLE** – a high energy spinning class taught on a stationary bike targeting heart rate zone training, lower body strength, endurance and lots of sweat. Abs are included in Group Cycle & Abs.

**HATHA FLOW YOGA** – Learn the fundamentals of Yoga, breath work, postures and sequences focusing on alignment, balance and flexibility. Techniques will be taught to increase self-awareness, nurture the inner spirit, and balance the mind and body.

**HIIT** – High intensity interval training for total body conditioning. Intervals, Cardio and Power.

**KICKBOX** – High intensity intervals with a combination of aerobics, boxing, martial arts and toning exercises to zap calories and define your muscles.

**LIFT** – a class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

**METABOLIC CONDITIONING**– High intensity small group training combining a variety of weightlifting, cardio, and plyometric movements for ultimate fat burning results.

**PILATES** – Ideal for those wishing to improve flexibility, balance and tone while strengthening core muscle groups. This non-impact, low-intensity workouts include stretching and core-muscle training exercises. Enhanced mobility, long, strong muscles, a flat stomach, strong back, improved posture and a more streamlined body can be achieved.

**POUND@** –The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**RESTORATIVE YOGA**– This class focuses on poses that promote relaxation, restoration and rejuvenation. Each restorative sequence is designed to move the spine in all directions by practicing folds, gentle twists and inversions using props, allowing for deep relaxation.

**R.I.P.P.E.D@** . – A total body workout, utilizing resistance and cardio training, which includes endurance, interval, and plyometric exercises.

**ROLL & RELEASE YOGA** – Roll & Release Yoga is a unique class that inspires relaxation and empowerment for self-care. In addition to traditional yoga props, classes include the use of massage balls of various sizes, understanding that one's own body and its areas of tension are important first steps towards better self-care and overall health. This class uses a combination of self-myofascial release techniques and traditional yoga.

**SENIOR CARDIO DANCE FIT** – A fun way to enjoy getting exercise in! Learn routines to all types of music including: top 40, oldies, disco, country & line dances too. No dance experience necessary.

**SENIOR STRENGTH & BALANCE** – A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance.

**SILVER SNEAKERS CIRCUIT** –Offers low-impact choreography alternating with standing upper-body strength work. Suitable for all levels, but can be modified depending on fitness level.

**SILVER SNEAKERS CLASSIC** – Designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises & standing support. Suitable for all levels, but can be modified depending on skill level.

**SILVER SNEAKERS YOGA** – Move through seated and standing yoga poses designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**STEP IT UP** –Step up your workout with a step and sculpt class. The class will start with easy-to-learn step combos that will keep you moving and finish with strengthening exercises for an all-inclusive

**TAI CHI/CHI GONG**– Tai Gong is an eclectic mix of Tai Chi and Qi Gong. A graceful form of exercise used for reducing stress and treatment of a variety of other health conditions. Often described as meditation in motion. This class promotes serenity through gentle flowing movements. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**VINYASA YOGA** – A dynamic and fluid Yoga style in which a specific sequence of breath synchronized movements are used to transition between sustained postures. The linking vinyasas bring the body back to neutral so that one can fully feel the energetic effects of the practice. By emphasizing the breath throughout the Yoga practice the intention is one of a relaxed and rejuvenated mind and Body workout.

**YOGA & GENTLE YOGA** – A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

**YOGA FLOW** – An intermediate, more vigorous Yoga flow class. A series of postures linked with sun salutations. Knowledge of basic poses recommended.

**YOGA FOR STRENGTH** – Move through a series of postures that energize the mind and body, sculpt muscles, build core power, and increase strength and flexibility.

**ZUMBA** – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.