

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHEDULE

2/25/2019

GROUP EXERCISE STUDIO

STUDIO 2 (upstairs)

MONDAY

BALANCE & FLEX

Jill
5:45-6:45 am

YOGA FOR STRENGTH

Melissa
7:45-8:45 am

KICKBOXING

Jackie
9:00-10:00 am

LIFT

Suzi
10:00-11:00 am

LIFT

Lisa
4:30-5:30 pm

BALANCE & FLEX

Vicki or Terri
5:30-6:30 pm

HATHA FLOW YOGA

Cathy
6:30-7:30 pm

ZUMBA

Amy
7:45-8:45 pm

XTREME FIT

Laura B
6:30-7:30 pm

TUESDAY

GROUP CYCLE

Jen
5:45-6:45 am

STEP

Mary
8:15-9:15 am

GROUP CYCLE

Suzi
9:30-10:30 am

LIFT

Jackie or Suzi
10:45-11:30 am

ABS & STRETCH

Jackie
11:30 am- 12:00 pm

TAI CHI/CHI GONG

Jeff
12:15-1:15 pm

ZUMBA

Sue
4:30-5:20 pm

GROUP CYCLE

Domi
5:30-6:15 pm

METABOLIC COND.

Domi
7:45-8:45 pm

GENTLE YOGA

Melissa
8:15-9:15 am

RESTORATIVE YOGA

Melissa
9:30-10:45 am

ROLL & RELEASE

Kim
5:30-6:30 pm

XTREME FIT

Laura B
6:30-7:30 pm

WEDNESDAY

LIFT

Jill
5:45-6:45 am

YOGA FOR STRENGTH

Laura
7:45-8:45 am

METABOLIC COND.

Jackie
9:00-10:00 am

BALANCE & FLEX

Amy
10:00-11:00 am

PILATES

Laura N
4:30-5:30 pm

STRONG

Vicki
5:30-6:30 pm

YOGA

John
6:30-7:30 pm

ZUMBA

Diana
7:45-8:45 pm

YOUTH ZUMBA

Amy
9:00-9:45 am

BOSU XTREME FIT

Suzi
10:00-10:45 am

YOUTH YOGA

Becca
4:00-5:00 pm

XTREME FIT

Laura B
6:30-7:30 pm

THURSDAY

GROUP CYCLE

Jane
5:45-6:45 am

LIFT

Suzi
8:30-9:15 am

GROUP CYCLE

Suzi
9:30-10:30 am

LIFT

Jacki
10:45-11:30 am

ABS & STRETCH

Jackie
11:30 am-12:00 pm

GROUP CYCLE

Diana
4:30-5:30 pm

HIIT

Laura B
5:30-6:15 pm

HATHA FLOW YOGA

Cathy
7:45-8:45 pm

YOGA

Aubrey
9:30-10:30 am

BALLET XTREME FIT

Diana
5:45-6:30 pm

XTREME FIT

Laura B
6:30-7:30 pm

FRIDAY

GROUP CYCLE

Jen
5:45-6:45 am

VINYASA FLOW YOGA

Jennifer
7:45-8:45 am

KICKBOXING

Jackie
9:00-10:00 am

LIFT

Jackie
10:00-11:00 am

LIFT

Terri
5:30-6:30 pm

XTREME FIT

Laura B
6:30-7:30 pm

SATURDAY

GROUP CYCLE

Jill or Jane
7:45-8:45 am

HATHA FLOW YOGA

Jill or Rebecca
9:00-10:00 am

ZUMBA

Vicki
10:15-11:15 am

BALANCE & FLEX

Vicki
11:15am -12:15 pm

SUNDAY

POUND

Diana
11:15 am-12:00 pm

R.I.P.P.E.D

Laura B
12:15-1:30 pm

VINYASA YOGA

John
4:15-5:30 pm

BALLET FIT

Diana
12:15-1:15 pm

KEY

*Free group ex classes (orange)

*Free cycle classes (purple)

*Paid programming, includes additional fee (red with yellow highlight)

SENIORS: PLEASE SEE THE NEW SENIOR CALENDAR FOR CLASSES AND ACTIVITIES

CLASS DESCRIPTIONS

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.

BALLET XTREME FIT—A high-intensity class that include elements of Pilates, Barre work, balance, ballet, contemporary dance. and resistance training in challenging sequences. Designed to focus on and fatigue muscle groups from arms to core to legs through interesting choreography.

BOSU XTREME FIT—An intense, functional workout lead by a certified personal trainer. This small group training meets once per week and is a combination of cardio & strength that will challenge you and get you results.

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.

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

STRONG BY ZUMBA® is a High Intensity Interval class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight for resistance to achieve muscle definition..... STRONG by Zumba is also characterized by a unique system of progression.

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.

XTREME FIT—An intense, functional workout lead by a certified personal trainer. This small group training meets once per week and is a combination of cardio & strength that will challenge you and get you results.

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.