

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROUP EXERCISE STUDIO

STUDIO 2 (upstairs)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BALANCE & FLEX Vicki 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 Terri 5:30-6:30 pm HATHA FLOW YOGA Cathy 6:30-7:30 pm ZUMBA Amy 7:45-8:45 pm	GROUP CYCLE Jen 5:45-6:45 am STEP Mary 8:15-9:15 am GROUP CYCLE Suzi 9:30-10:30 am TAI CHI/CHI GONG Jeff 10:30-11:30 am LIFT Jackie or Suzi 10:45-11:30 am ABS & STRETCH Jackie 11:30 am- 12:00 pm ZUMBA Sue 4:30-5:20 pm GROUP CYCLE Dave 5:30-6:15 pm BEATS MEETS BLISS YOGA Meg 7:45-8:45 pm	LIFT Jill 5:45-6:45 am YOGA FOR STRENGTH Laura 7:45-8:45 am METABOLIC COND. Jackie 9:00-10:00 am YOGA Aubrey 10:00-11:00 am PILATES Laura N 4:30-5:30 pm STRONG Vicki 5:30-6:30 pm YOGA John 6:30-7:30pm ZUMBA Diana 7:45-8:45 pm	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	GROUP CYCLE/CORE 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	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	ZUMBA STEP Diana 11:05 am-12:05 pm R.I.P.P.E.D Laura B 12:15-1:30 pm VINYASA YOGA John 4:15-5:30 pm
		GENTLE YOGA Melissa 8:15-9:15 am XTREME FIT Laura B 6:30-7:30 pm	BOSU XTREME FIT Suzi 10:00-10:45 am XTREME FIT Laura B 6:30-7:30 pm	BALANCE & FLEX Amy 9:30-10:30 XTREME FIT Laura B 6:30-7:30 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.

BEATS MEETS BLISS YOGA—Join us for a fresh, new Vinyasa Flow Yoga Class—Set to a perfect mix of hip hop, R&B and soul. We'll begin with an invigorating, all levels Sun Salutation based flow, then work our way to finishing class with some restorative yin movement and, of course, a relaxing Savasana. All set in a cozy, candle-lit room. Yum, Yum, Yum!

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.

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

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 1x per week & 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.

ZUMBA STEP—A dynamic combined Step/Zumba class for a fun cardio workout that challenges you. Using the step, you'll learn both beginner & intermediate combos. Then enjoy dancing to a range of musical styles, from Latin to Reggae...and even some swing & Jazz! Class finishes with core work to strengthen all muscles.