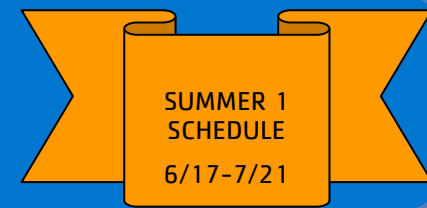


# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



GROUP EXERCISE STUDIO

CYCLE ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP EXERCISE STUDIO	<b>INSANITY</b> - Kelli 5:15-6:00am	<b>STT</b> - Heidi 5:15-6:15am		<b>STT</b> - Heidi 5:15-6:15am	<b>GROUP CYCLE</b> - Marshall/Emily 5:15-6:00am	<b>STT</b> - Heidi 7:10-8:10am	
	<b>YOGA FOR STRENGTH</b> Kelli 6:00-6:30am			<b>BALLET FIT</b> - Char 8:05-8:50am			
	<b>SILVER SNEAKERS</b> Mo 8:00-8:45am	<b>BALLET FIT</b> - Char 8:05-8:50am		<b>HEAVY BAG</b> - Ginny 9:00-9:50am	<b>BOOTCAMP</b> - Jesse 8:00-8:45am	<b>Step</b> - Tracy 8:15-9:00am	
	<b>ZUMBA STEP</b> - Maria 9:00-10:00am	<b>HEAVY BAG</b> - Joy 9:00-9:50am		<b>GENTLE YOGA</b> - Lori 10:00-11:00am	<b>POWER YOGA</b> - Sarah B. 9:00-10:00am	<b>ZUMBA</b> - Maria/Laura 9:10-9:55am	<b>ZUMBA</b> - Tressa 9:05-9:55am
	<b>POWER VINYASA</b> - Kelli 10:15-11:00am	<b>GENTLE YOGA</b> - Sarita 10:00-11:00am	<b>PILATES</b> - Lisa 9:00-9:45am	<b>GENTLE YOGA</b> - Lori 10:00-11:00am		<b>ALL LEVELS YOGA</b> - Sarita 10:10-11:10am	<b>BOOTCAMP</b> - Lisa 10:00-11:00am
	<b>SILVER SNEAKERS</b> Glorimar 11:15-12:00pm	<b>SILVER SNEAKERS</b> Mo 11:15-12:00pm	<b>POWER HOUR</b> - Jesse 10:00-11:00am	<b>SILVER SNEAKERS</b> Lori 11:15-12:00pm	<b>SILVER SNEAKERS</b> Christina 11:15-12:00pm	<b>EATING WELL</b> - 1st WEEK OF THE MONTH 8:15-9:00am Heidi	<b>YOGA</b> - Indora 11:00-12:00pm
	<b>TAI CHI FORM</b> - Lucky 12:15-1:15pm	<b>SENIOR BOXING</b> Tina 12:15-1:00pm	<b>SILVER SNEAKERS</b> Vicki 11:15-12:00pm	<b>PICKLEBALL</b> - Sean (Vernon) 1:00-3:00pm			
	<b>PICKLEBALL</b> - Sean (Vernon) 1:00-3:00pm		<b>TAI CHI FORM</b> - Lucky 12:15-1:15pm	<b>TAI CHI QIGONG</b> - Erin 4:15-5:15pm			
	<b>ZUMBA</b> - Jay 5:00-5:45pm	<b>JUJITSU</b> - Master Paul 5:30-6:30pm	<b>ZUMBA</b> - Rodolfo 6:00-7:00pm	<b>JUJITSU</b> - Master Paul 5:30-6:30pm			
	<b>STT</b> - Glorimar 5:50-6:50pm	<b>ZUMBA TONING</b> - Rodolfo 6:30-7:30pm	<b>STT</b> - Rodolfo 7:15-8:15pm	<b>GENTLE/YIN YOGA</b> Linda 6:45-7:45pm			
<b>YOGA</b> - Glorimar 7:00-8:00pm							
CYCLE ROOM			<b>GROUP CYCLE</b> - Frederick 5:15-6:00am	<b>GROUP CYCLE</b> - Frederick 5:15-6:00am	<b>TRX</b> - Sean 5:15-6:15am		<b>GROUP CYCLE</b> - Andrea 9:15-10:00am
		<b>GROUP CYCLE</b> - Kendra 9:00-9:45am		<b>GROUP CYCLE</b> - Kendra 9:00-9:45am	<b>CYCLE &amp; SCULPT</b> - Kristin 9:15-10:00am	<b>GROUP CYCLE</b> - Laura K. 8:15-9:00am	<b>TRX</b> - Jesse 10:30-11:30am
	<b>KIDS ZUMBA</b> - Siobhan 5:45-6:30pm	<b>GROUP CYCLE</b> - Lisa 6:00-6:45pm		<b>GROUP CYCLE</b> - Andrea/Lisa 6:00-6:45pm		<b>GROUP CYCLE</b> - Heidi 9:30-10:15pm	
	<b>TRX</b> - Jesse 7:30-8:30pm	<b>KARATE</b> Master Paul 7:00-8:00pm		<b>KARATE</b> Master Paul 7:00-8:00pm			

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUMMER 1  
SCHEDULE  
6/17-7/21

## 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)

**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)

**SENIOR BOXING**—Traditional boxing movements that will enhance stamina, agility and cardiovascular fitness through a fun and challenging circuit.

**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

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

# WATER EXERCISE SCHEDULE

## SUMMER 2019

### JUNE 17TH - JULY 21ST

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Christina	<b>Aqua Stretch</b> 8:15-9:00a 9:30-10:15a Warm Water Pool Anneliese	<b>Aqua Fitness</b> 9:30-10:15a Lap Pool Maria	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Christina	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Various	<b>Aqua Zumba</b> 8:00a-8:45a Lap Pool Laura	<b>Aqua Zumba</b> 10:00a-10:45a Lap Pool Tressa
PM	<b>Aqua Zumba</b> 7:30p-8:15p Warm Water Siobhan						





# WATER FITNESS DESCRIPTIONS!

## **AQUA ZUMBA:**

Join the Zumba "pool party". This class blends everything into a safe, challenging, water based exercise that is body toning and most of all exhilarating!

## **AQUA STRETCH:**

Uses movements from various disciplines to stretch the body to improve flexibility, balance and strength.



## **AQUA FITNESS:**

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.