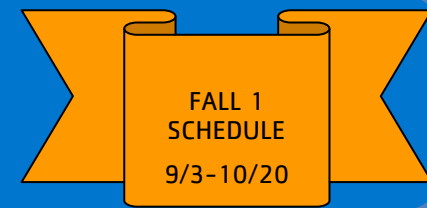


# GROUP EXERCISE SCHEDULE



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>SILVER SNEAKERS</b> Mo 8:00-8:45am	<b>HEAVY BAG</b> - Jesse 9:00-9:50am	<b>PILATES</b> - Lisa 9:00-9:45am	<b>HIIT</b> - Kristin 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 9:15-10:00am	<b>GENTLE YOGA</b> - Sarita 10:00-11:00am	<b>POWER HOUR</b> - Jesse 10:00-11:00am	<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>SILVER SNEAKERS</b> Mo 11:15-12:00pm	<b>SILVER SNEAKERS</b> Vicki 11:15-12:00pm	<b>SILVER SNEAKERS</b> Lori 11:15-12:00pm		<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>SENIOR BOXING</b> Ginny 12:15-1:00pm	<b>TAI CHI FORM</b> -Lucky 12:15-1:15pm	<b>PICKLEBALL</b> - Sean (Vernon) 1:00-3:00pm	<b>SILVER SNEAKERS</b> Mo/Vicki 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>BALLET FIT</b> - Char 1:30-2:15 pm	<b>HIIT</b> - Ginny 5:00-5:45 pm	<b>BALLET FIT</b> - Char 1:30-2:15 pm				
	<b>PICKLEBALL</b> - Sean (Vernon) 1:00-3:00pm	<b>JUJITSU</b> - Master Paul 5:30-6:30pm	<b>ZUMBA</b> - Rodolfo 6:00-7:00pm	<b>TAI CHI QIGONG</b> - Erin 4:15-5:15pm				
	<b>ZUMBA</b> - Jay 5:00-5:45pm	<b>ZUMBA TONING</b> - Rodolfo 6:30-7:30pm	<b>STT</b> - Rodolfo 7:15-8:15pm	<b>JUJITSU</b> - Master Paul 5:30-6:30pm	<b>GENTLE/YIN YOGA</b> Linda 6:45-7:45pm			
	<b>STT</b> - Glorimar 5:50-6:50pm							
<b>YOGA</b> - Glorimar 7:00-8:00pm								
CYCLE ROOM			<b>GROUP CYCLE</b> - Frederick 5:15-6:00 am	<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>BALANCE &amp; MOVEMENT</b> 10:30-11:30am	<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>KIDS ZUMBA</b> -Siobhan 5:45-6:30pm	<b>GROUP CYCLE</b> - Lisa 6:00-6:45pm	<b>CREATIVE MOVEMENT</b> 4:00-4:45pm	<b>GROUP CYCLE</b> - 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>BEGINNER BALLET</b> 4:45-5:45pm	<b>KARATE</b> Master Paul 7:00-8:00pm			<b>TRX</b> - Jesse 10:30-11:30am	

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL I  
SCHEDULE  
9/3-10/20

## 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)

**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. (I, A)

**KIDS ZUMBA**– A rockin', high-energy dance party ! The instructor breaks down steps using games, activities. Ages 4-10.

**PILATES** – Learn the subtleties of proper core engagement and be challenged to hold this engagement building your endurance. 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 VINYASA**– A 45 minute yoga flow that includes a long warm up, heat building sequence, deep stretching and shivasana. (B, I, A)

**POWER YOGA** – 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** – Help participants increase strength, range of motion, agility, balance and coordination utilizing various equipment including resistance bands and chairs. (B)

**SILVER SNEAKERS CHAIR YOGA**– Utilize breath techniques, mantra and mudra to center your energy and quiet your

thoughts. Connecting breath with gentle movements and stretching to build strength, increase flexibility and balance.

**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 chronic pain. (B, I, A)

**TAI CHI QIGONG**- Tai Chi QiGong uses visualization, breathing and body movement to guide the circulation of Qi as it moves through and around the body. (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