

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MULTIPURPOSE ROOM

**QI GONG YOGA**  
9:30 am - 10:15 am

**LIFT**  
5:00 pm - 5:45 pm

**SILVER SNEAKERS CLASSIC**  
11:30 am - 12:15 pm

**TAG**  
12:30 pm - 1:00 pm

**YOGA**  
6:45 pm - 7:30 pm

**QI GONG YOGA**  
9:00 am - 9:45 am

**LIFT**  
5:00 pm - 5:45 pm

**ZUMBA**  
6:00 pm - 6:45 pm

**QI GONG YOGA**  
11:00 am - 11:45 am

**PILATES**  
5:00 pm - 5:45 pm

**SILVER SNEAKERS CLASSIC**  
6:00 pm - 6:45 pm

**SILVER SNEAKERS CIRCUIT**  
11:30 am - 12:15 pm

**TAG**  
12:30 pm - 1:00pm

CYCLE STUDIO

**CYCLING**  
8:00 am - 9:00 am

**CYCLING**  
8:30 am - 9:15 am

**CYCLING**  
6:00pm - 6:45 pm

**CYCLING**  
8:00 am - 8:45 am

**CYCLING**  
5:00pm - 5:45 pm

**CYCLING**  
8:30 am - 9:15am

ALL GROUP EXERCISE CLASSES ARE FREE FOR  
WellPass & SILVER SNEAKERS MEMBERS



## CLASS DESCRIPTIONS

**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!

**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.

**TAG** - TAG focuses on toning and strengthening the core down to the lower body, specifically isolating the Thigh Abdominal, Hips, and Glute muscle groups.

**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.

**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.

**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.

### COMING SOON:

**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.