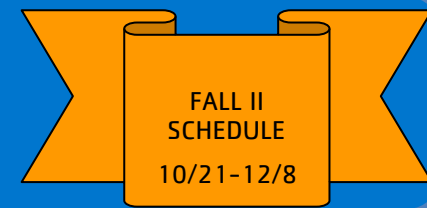


# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



FALL II  
SCHEDULE  
10/21-12/8

GROUP EXERCISE STUDIO

CYCLE ROOM

MONDAY

<b>INSANITY</b> - Kelli 5:15-6:00am
<b>YOGA FOR STRENGTH</b> Kelli 6:00-6:30am
<b>SILVER SNEAKERS</b> Mo 8:00-8:45am
<b>ZUMBA STEP</b> - Maria 9:15-10:00am
<b>SILVER SNEAKERS</b> Glorimar 11:15-12:00pm
<b>TAI CHI FORM</b> - Lucky 12:15-1:15pm
<b>PICKLEBALL</b> - Sean (Vernon) 1:00-3:00pm
<b>ZUMBA</b> - Jay 5:00-5:45pm
<b>STT</b> - Glorimar 5:50-6:50pm
<b>YOGA</b> - Glorimar 7:00-8:00pm

<b>KIDS ZUMBA</b> - Siobhan 5:45-6:30pm
<b>TRX</b> - Jesse 7:30-8:30pm

TUESDAY

<b>STT</b> - Heidi 5:15-6:15am
<b>HEAVY BAG</b> - Jesse 8:45-9:30am
<b>GENTLE YOGA</b> - Sarita 10:00-11:00am
<b>SILVER SNEAKERS</b> Mo 11:15-12:00pm
<b>SENIOR BOXING</b> Ginny 12:15-1:00pm
<b>BALLET FIT</b> - Char 1:30-2:15 pm
<b>S.A.I.L.</b> 2:30-3:30pm
<b>JUJITSU</b> - Master Paul 5:30-6:30pm
<b>ZUMBA TONING</b> - Rodolfo 6:30-7:30pm

<b>GROUP CYCLE</b> - Kendra 9:00-9:45am
<b>GROUP CYCLE</b> - Lisa 6:00-6:45pm
<b>KARATE</b> Master Paul 7:00-8:00pm

WEDNESDAY

<b>PILATES</b> - Lisa 9:00-9:45am
<b>POWER HOUR</b> - Jesse 10:00-11:00am
<b>SILVER SNEAKERS</b> Vicki 11:15-12:00pm
<b>TAI CHI FORM</b> -Lucky 12:15-1:15pm
<b>CREATIVE MOVEMENT</b> 4:00-4:45pm
<b>HIIT</b> - Ginny 5:00-5:45 pm
<b>ZUMBA</b> - Rodolfo 6:00-7:00pm
<b>STT</b> - Rodolfo 7:15-8:15pm

<b>GROUP CYCLE</b> - Frederick 5:15-6:00 am
<b>CREATIVE MOVEMENT</b> 10:30-11:15am
<b>BEGINNER BALLET</b> 4:45-5:45pm

THURSDAY

<b>STT</b> -Heidi 5:15-6:15am
<b>SILVER SNEAKERS</b> Mo 8:00-8:45am
<b>HIIT</b> - Kristin 9:00-9:50am
<b>GENTLE YOGA</b> - Lori 10:00-11:00am
<b>CHAIR YOGA</b> - Lori 11:15-12:00pm
<b>LINE DANCING</b> - Vicki 12:15-1:15pm
<b>PICKLEBALL</b> - Sean (Vernon) 1:00-3:00pm
<b>POWER KICK</b> - Jesse 4:30-5:15pm
<b>JUJITSU</b> - Master Paul 5:30-6:30pm
<b>GENTLE/YIN YOGA</b> Linda 6:45-7:45pm

<b>GROUP CYCLE</b> - Frederick 5:15-6:00am
<b>GROUP CYCLE</b> - Kendra 9:00-9:45am
<b>TAI CHI QIGONG</b> -Erin 4:15-5:15pm
<b>GROUP CYCLE</b> -Lisa 6:00-6:45pm
<b>KARATE</b> Master Paul 7:00-8:00pm

FRIDAY

<b>GROUP CYCLE</b> - Marshall/Emily 5:15-6:00am
<b>BOOTCAMP</b> - Jesse 8:00-8:45am
<b>POWER YOGA</b> - Sarah B. 9:00-10:00am
<b>SILVER SNEAKERS</b> Mo 11:15-12:00pm
<b>S.A.I.L.</b> 2:00-3:00pm

<b>TRX</b> - Sean 5:15-6:15am
<b>CYCLE &amp; SCULPT</b> - Kristin 9:15-10:00am

SATURDAY

<b>STT</b> - Heidi 7:10-8:10am
<b>Step</b> - Tracy 8:15-9:00am
<b>ZUMBA</b> - Maria/Laura 9:10-9:55am
<b>ALL LEVELS YOGA</b> - Sarita 10:10-11:10am
<b>EATING WELL</b> - 1st WEEK OF THE MONTH 8:15-9:00am Heidi

<b>GROUP CYCLE</b> - Laura K. 8:15-9:00am
<b>GROUP CYCLE</b> - Heidi 9:30-10:15pm

SUNDAY

<b>ZUMBA</b> - Tressa 9:05-9:55am
<b>BOOTCAMP</b> - Lisa/ Kristin 10:00-11:00am
<b>YOGA</b> - Indora 11:00-12:00pm

<b>GROUP CYCLE</b> -Andrea 9:15-10:00am
<b>TRX</b> - Jesse 10:30-11:30am

# GROUP EXERCISE SCHEDULE



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## 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**– High Intensity Interval Training

**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.

**LINE DANCING** – Learn how to line dance! A step by step guide to the tune of some great music. (B, I, A)

**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 KICK** – A combination of heavy bag and strength! (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