

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SCHEDULE**  
10/7/2019

GROUP EXERCISE STUDIO

STUDIO 2 (upstairs)

**MONDAY**

**BALANCE & FLEX**

Vicki  
5:45-6:45 am

**YOGA**

Melissa  
7:45-8:45 am

**KICKBOXING**

Jackie  
9:00-10:00 am

**LIFT**

Suzi  
10:00-11:00 am

**SILVER SNEAKERS CL**

Suzi  
11:00-11:45 am

**LIFT**

Lisa  
4:30-5:30 pm

**POUND**

Laura T  
5:30-6:15 pm

**HATHA YOGA**

Cathy  
6:30-7:30 pm

**ZUMBA**

Amy  
7:45-8:45 pm

**TUESDAY**

**GROUP CYCLE**

Jen  
5:45-6:45 am

**STEP**

Mary  
8:15-9:15 am

**GROUP CYCLE**

Suzi  
9:30-10:30 am

**LIFT**

Jackie  
10:45-11:30 am

**ABS & STRETCH**

Jackie  
11:30 - 12:00 pm

**KICKBOXING**

Tessa  
4:30-5:20 pm

**ZUMBA**

(Activity Center)  
Sue  
5:30-6:30 pm

**GROUP CYCLE**

Dave  
5:30-6:15 pm

**BEATS MEETS BLISS YOGA**

Meg  
7:45-8:45 pm

**WEDNESDAY**

**LIFT**

Jill  
5:45-6:45 am

**YOGA**

Laura  
7:45-8:45 am

**METABOLIC CON**

Jackie  
9:00-10:00 am

**GROUP CYCLE**

Suzi  
10:00-11:00 am

**SILVER SNEAKERS CT**

Jen  
11:00-11:45 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

**THURSDAY**

**GROUP CYCLE**

Jane  
5:45-6:45 am

**LIFT**

Suzi  
8:30-9:15 am

**GROUP CYCLE & CORE**

Suzi  
9:30-10:30 am

**LIFT**

Jackie  
10:45-11:30 am

**ABS & STRETCH**

Jackie  
11:30 -12:00 pm

**GROUP CYCLE**

Diana  
4:30-5:30 pm

**HIIT**

Laura B  
5:30-6:15 pm

**HATHA YOGA**

Cathy  
7:45-8:45 pm

**FRIDAY**

**GROUP CYCLE & CORE**

Jen  
5:45-6:45 am

**VINYASA FLOW YOGA**

Terry/Jen  
7:45-8:45 am

**KICKBOXING**

Jackie  
9:00-10:00 am

**LIFT**

Jackie  
10:00-11:00 am

**SILVER SNEAKERS YOGA**

Meg  
11:00-11:45 am

**LIFT**

Terri  
5:30-6:30 pm

**ABS & STRETCH**

Terri  
6:30-7:00 pm

**SATURDAY**

**GROUP CYCLE**

Jill or Jane  
7:45-8:45 am

**HATHA YOGA**

Jill or Rebecca  
9:00-10:00 am

**ZUMBA**

Vicki  
10:15-11:15 am

**BALANCE & FLEX**

Vicki  
11:15 -12:15 pm

**SUNDAY**

**STEP**

Diana  
11:05-12:05 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

**RESTORATIVE YOGA**

Melissa  
9:30-10:45 am

**XTREME FIT**

Laura B  
6:30-7:30 pm

**XTREME FIT**

Laura B  
6:30-7:30 pm

**BOSU XTREME FIT**

Suzi  
9:15-10:00 am

**YOGA**

Aubrey  
10:00-11:00 am

**YOUTH DANCE**

Chrysta  
5:00-5:45 pm

**XTREME FIT**

Laura B  
6:30-7:30 pm

**BALANCE & FLEX**

Amy  
9:30-10:30 am

**BARRE XTREME FIT**

Diana  
5:30-6:30pm

**XTREME FIT**

Laura B  
6:30-7:30 pm

**XTREME FIT**

Laura B  
6:30-7:30 pm

**BOOT CAMP**

Alex  
10:00-11:00 am

**XTREME HIIT**

Suzi  
10:15-11:00 am

**SORE NO MORE**

Kim  
11:00 -12:00 pm

**BARRE FIT**

Diana  
12:15-1:15 pm

**KEY**

SENIORS: PLEASE SEE THE NEW SENIOR CALENDAR FOR CLASSES AND ACTIVITIES

\*\*\*Paid programming -additional fee

## 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.

**BARRE FIT**–Barre 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 work on balance, 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.

**BARRE XTREME FIT** – Barre Xtreme 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. You will work quite a bit on balance and incorporate different props to increase the intensity, interest and results.

**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!

**BOOT CAMP**—Always changing 60 min workout. Some classes use no equip, some integrate it in. The focus is on strength & cardio with exercises such as burpees, running, push ups and more! Outdoors...

**BOSU XTREME FIT**—An intense, functional workout lead by a personal trainer. This small group training meets once a week and is a combination of cardio & strength that will challenge you & 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.

**KICKBOXING** – 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.

**REBOUNDING**—This is a motivating class on a mini trampoline that will torch calories, boost your balance, build endurance, improve reaction time and strengthen your core. Super fun!

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

**SILVER SNEAKERS CLASSIC**—Designed to increase muscle strength, range of movement and improve activities for daily living.

**SILVER SNEAKERS CIRCUIT**—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Using dumbbells, tubing with handles and small rubber balls, alternating with low impact aerobic choreography.

**SILVER SNEAKERS YOGA**—This class offers a chair so you can perform a variety of seated and standing poses designed to increase flexibility, balance and range of motion. You will also practice breathing and relaxation techniques.

**SORE NO MORE**—Are your joints in pain? This small group program will keep your joints from being sore and help mobility increase by feeling Sore No More. You will work on foam rolling, stretching and dynamic core mobility (hips, lower back and abdominals).

**STEP** –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.

**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.

**XTREME HIIT**—An interval training technique which you give 100% effort through quick bursts of exercise and short recovery periods. Fun and you'll keep that metabolism revved up!

**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 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.