



GROUP EXERCISE SCHEDULE

November 4th 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:40-6:25 AM Group Cycle 45 min. - Kelley	5:40-6:25 AM Circuit Bootcamp - 45 min. - Mallory	5:40-6:25 AM Group Cycle 45 min. - Kelley	5:40-6:25 AM Circuit Bootcamp 45 min. - Mallory	5:40-6:25 AM Group Cycle 45 min. - Donna	
6:40 -7:25 AM Cycle & Strength Kelley	6:30 -7:25 AM Strength Train Together - Mallory	6:40 -7:25 AM Cycle & Strength Kelley	6:30 -7:25 AM Strength Train Together - Mallory	6:40-7:25 AM POUND Mallory	
8:35-9:35 AM Strength Train Together - Amy	8:35-9:25 AM Circuit Bootcamp Krista	8:35-9:20 AM Step & Sculpt Vicki	8:35-9:25 AM Circuit Bootcamp Allie	8:35-9:30 AM Strength Train Together-Holly S	
9:45-10:15 AM Express HIIT Jenny	9:30-10:25 AM Power Yoga Meg	9:30-10:25 AM POUND Melissa	9:30 -10:25 AM Pilates Holly M	9:40-10:25 AM Circuit Bootcamp Krista	9:00-9:55 AM Strength Train Together - Rotating
10:30-11:25 AM Strength & Conditioning 101 Vicki		10:30-11:25 AM Strength & Conditioning 101 Vicki		10:30-11:25 AM Yoga Flow Marlisa	Reserved Starting Sept. 28 th 11:00am-12:00pm Fit 5
11:45-12:15 Express Core Rotating	11:45-12:15 Express HIIT Krista	11:45- 12:40 Strength Train Together-Holly S	11:45-12:15 Express HIIT Allie	11:45-12:30 Cycle & Strength Cameron	
	12:30-1:25 PM Strength Train Together - Krista		12:30-1:25 PM Strength Train Together - Amy		
4:30-5:25 PM Cycle & Strength Donna	4:30-5:25 PM Gyrokinesis Erin	4:30-5:25 PM Vinyasa Flow Meg	4:45-5:15 PM Express HIIT Krista		
5:30-6:25 PM Strength Train Together - Brooke	5:30-6:25 PM POUND Tasha	5:30-6:25 PM Cycle & Strength Cameron	5:30-6:25 PM Strength Train Together - Krista		



PROGRAM ROOM 2 SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:50AM INSANITY Allie			
8:30-9:25 AM Barre Conditioning Vicki		8:40-9:30 AM High Fitness Dance Kara	8:40-9:30 AM POUND Melissa		8:00-8:55 AM POUND Melissa
9:30-10:25 AM Vinyasa Flow Meg	9:40-10:15 AM SilverSneakers Stability Jenny		9:40-10:15 AM SilverSneakers Circuit Cameron	9:40-10:15 AM SilverSneakers Circuit Cameron	9:00 – 9:55 AM Zumba Rotating
	10:30-11:15 AM SilverSneakers MOVE Amy		10:30-11:25 AM SilverSneakers YOGA Cameron	10:30-11:25AM Gentle Yoga Megan	10:00-11:00 AM FAMILY Pound/Dance
11:45-12:30 Tai Chi Yang Vicki		11:45-12:30 Tai Chi Yang Vicki			
	1:30-2:25 PM Stretch & Agility Erin		1:30-2:25 PM Stretch & Agility Myriah		
			2:30-3:25 PM Line Dancing Myriah		
4:30-6:00PM Reserved for Dance	4:30-6:00PM Reserved for Dance		4:30-6:00PM Reserved for Dance		
6:30-7:25 PM Zumba Veronica	6:30-7:25 PM Zumba Lynn	6:30-7:25 PM Zumba Veronica	6:30-7:25 PM Zumba Lynn		

Class Descriptions

Barre Conditioning – Concentrating on both stabilizing muscles and larger muscle groups. You work with a variety of equipment combined into a series of exercises. No dance experience needed and shoes are optional.

Circuit Bootcamp – This workout is made for building strength and muscular endurance. You will use an array of equipment from bands to weights incorporated with body weight exercises and functional movements.

Cycle & Strength – This combination of cycling, and strength training adds a new challenging dimension to your workout.

Express HIIT – This 30 min. high intensity interval training includes a variety of cardiovascular and strength movements.

Express Core – This 30 min. class focuses on athletic and functional core strength.

Stretch & Agility – This class is designed to improve everyday functional strength with a focus on balance and mobility. Designed for Parkinson's patients, but it's truly ideal for any senior or beginner exerciser.

Line Dancing – Learn a variety of dances to different types of music. This class is designed to provide a safe cardiovascular workout while increasing your memory skills and allowing you to get down and boogie!

Gyrokinesis – This class has elements of yoga, tai chi & swimming. It is great for spinal health and joint mobility. The workout is designed so that one exercise flows into the next, allowing the joints to move through a natural range of motion without jarring or compression. These carefully crafted sequences create balance, efficiency, strength and flexibility.

Gentle Yoga – This is where you start! This class is for beginners or people just wanting a refresher on the fundamentals of Yoga. This basics class will be a key component to your practice.

Group Cycle – For those who love to ride, this class offers you the cardio workout you are looking for. From beginner to advanced cyclist, anyone can enjoy this non-impact workout. We focus on proper cycle technique, body alignment and cardio drills. Warning...music is fun and loud to keep your energy high.

High Fitness Dance – This fun dance class transforms old school aerobics into a highly addictive new fitness experience that combines simple easy to follow choreography.

Insanity – A predesigned interval class that requires no equipment and is easy to learn and fun to participate in. This is a challenging class with heart-thumping, well-timed music designed to give you a safe, challenging, and results-driven experience.

Line Dancing – Learn a variety of dances to different types of music. This class is designed to provide a safe cardiovascular workout while increasing your memory skills and allowing you to get down and boogie!

Pilates – Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body.

Pound – POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Power Yoga – This class is a little faster pace than your typical yoga class. Students of all levels are welcome, and encouraged to have a playful and light-hearted attitude, doing what feels comfortable, and over time becoming more proficient in their yoga practice. As with all types of Yoga, emphasis on breathing, feeling good in one's own skin, and procuring a path of ease are emphasized. Nothing serious going on here! Join us and see if Power Yoga can be a fun piece of your Fitness puzzle.

Silver Sneakers MOVE – A dance based cardio class that includes simple dance moves that improve cardio endurance and burns calories. MOVE is all about breaking a seat and having fun.

Silver Sneakers Circuit – The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

Silver Sneakers Yoga – Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Silver Sneakers Stability – Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Step & Sculpt– You will love this easy-to-follow step workout that zeroes in on intensity and power movements. A cardio component is followed by strength and conditioning to keep your heart pumping.

Strength & Conditioning 101– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and balance.

Strength Train Together – This class will blast all your muscles with a high-rep weight training workout. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best using an adjustable barbell, weight plates and body weight

Tai Chi Yang - Tai chi is an ancient Chinese tradition that today is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Tai chi is a non-competitive form of gentle physical exercise and stretching. This movement practice has been medically and scientifically proven to strengthen, improve balance, flexibility and more. Come join us!

YOGA Flow – Increase muscular strength, flexibility and balance. This is open to all levels. Come breathe, reduce stress and fine tune your body.

ZUMBA – This is a total workout combining cardio, muscle conditioning, balance and flexibility. ZUMBA is a fitness party with a contagious blend of Latin and international rhythms that provides a fun and effective workout.