

Group Exercise Schedule

EFFECTIVE: DECEMBER 1, 2018



Monday

Time (a.m.)	Class	Instructor
5:30 - 6:30	P90X	Eddie
7:00 - 7:55	Sculpt	Lisa N.
8:00 - 8:30	Pilates Express	Lisa N.
8:30 - 9:25	Kickboxing	Kelley
9:00 - 10:00	AquaFit - Pool	Lisa N.
9:30 - 10:15	Bootybarre/Bbarreless	Wendy
9:30 - 10:30	Circuit Training - Gym	Charla
10:15 - 11:15	Yoga (Vinyasa Flow)	Kelly W.
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Lupe
Time (p.m.)		
12:30 - 1:30	Tai Chi	Julian
5:30 - 6:25	Sculpt	Charla
5:45 - 6:35	Group Cycling - CS	Heather
6:30 - 7:30	Bootybarre/Bbarreless	Wendy

Tuesday

Time (a.m.)	Class	Instructor
5:30 - 6:20	Group Cycling - CS	Chris
7:45 - 8:30	Movers & Shakers	Lisa N.
8:35 - 9:25	P90X	Eddie
9:00 - 10:00	AquaFit - Pool	Evelyn
10:00 - 11:00	Zumba	Rin
11:15 - 12:15	Flex and Flow/Pilates Fusion	Wendy
Time (p.m.)		
3:00 - 3:45	Silver Sneakers - YogaStretch	Lupe
5:30 - 6:25	Step	Kerry
5:45 - 6:35	Group Cycling - CS	Laura
6:25 - 6:40	Core Crunch	Kerry
6:45 - 7:40	Power Pump	Kerry

Wednesday

Time (a.m.)	Class	Instructor
5:30 - 6:30	Circuit Training	Eddie
7:00 - 7:55	Movers & Shakers	Lisa N.
8:00 - 8:30	Pilates Express	Lisa N.
8:30 - 9:25	Step Fusion	Kelley
9:00 - 10:00	AquaFit - Pool	Lisa N.
9:30 - 10:15	Bootybarre/Bbarreless	Wendy
9:30 - 10:30	Circuit Training	Charla
10:15 - 11:25	Yoga (Vinyasa Flow)	Kelly W.
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Lisa N.
Time (p.m.)		
5:30 - 6:20	CardioSculpt	Kerry
6:30 - 7:30	Yoga (Vinyasa Flow)	Lupe

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Thursday

Time (a.m.)	Class	Instructor
5:30 - 6:20	Group Cycling - CS	Chris
7:45 - 8:30	Stretch	Lisa N.
8:35 - 9:25	Insanity	Kerry
9:00 - 10:00	AquaZumba - Pool	Evelyn
9:25 - 9:55	PiYo	Kerry
10:00 - 11:00	Zumba	Rin
Time (p.m.)		
3:00 - 3:45	Silver Sneakers - YogaStretch	Lupe
5:30 - 6:30	Bootybarre/Bbarreless	Wendy
5:45 - 6:35	Group Cycling - CS	Laura

Friday

Time (a.m.)	Class	Instructor
5:30 - 6:30	P90X	Eddie
7:45 - 8:30	Pilates	Lisa N.
8:30 - 9:25	Zumba	Rin
9:00 - 10:00	AquaFit - Pool	Lisa N.
9:30 - 10:30	Mix it Up - Gym	Charla
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Lisa N.

Saturday

Time (a.m.)	Class	Instructor
8:10 - 8:55	Power Pump Express	Kerry
9:00 - 9:50	Group Cycling - CS	Jennifer
9:00 - 9:55	Step	Kerry
9:55 - 10:10	Core Crunch	Kerry
10:15 - 11:25	Yoga (Vinyasa Flow)	Lupe
10:15 - 11:15	AquaZumba - Pool	Evelyn

Sunday

Time (p.m.)	Class	Instructor
4:00 - 4:55	Bootybarre/Bbarreless - Beginner	Wendy

CS - Cycling Studio

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of eight participants to remain on the schedule. Each class must have at least three participants to be conducted.

Group Exercise Classes

AquaFit

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Bootybarre

Bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. Or at the floor, for barreless barre inspired moves at the center of the room to challenge the total body. You never know what style is being taught.

Bbarreless

Bbarreless is a fusion style class with a mind body connection of balance fused with dance, Pilates and Yoga. A toning class with hand weights and/or therabands that keeps the heartrate up and the body burning. Classic barre exercises performed in the center of the room either standing or on the floor. Ask our instructor what she is teaching this month and how it can benefit your other fitness practices!

Circuit Training

A variety of high intensity resistance training intervals mixed with light cardio intervals.

Core Crunch

Abdominal and back strengthening exercises "crunched" into a fifteen minute core conditioning class. Please arrive warmed up.

Flex and Flow

A gentle total body toning workout that fuses techniques from Pilates and Yoga by using resistance bands attached to the barre. Taught by a bootybarre instructor, Flex & Flow is the perfect combination of strength, flexibility and long relaxing stretching.

Group Cycling

A cardiovascular workout on a stationary bike set to music. A resistance lever on the bike dictates intensity of the ride so each participant can ride at their level.

Insanity

This is not your traditional interval workout. INSANITY uses maximum intensity exercise, trading intervals of work with periods of rest. Participants of all fitness levels will do cardio and plyometric drills with intervals of strength, power, resistance and core training.

Kickboxing

This class combines kicks, jabs and hooks with cardiovascular boxing moves.

Mix It Up

A cardio and strength based class combining segments of various activities that may include kickboxing, sculpt, step and ball.

Movers and Shakers

Developed for seniors, this class combines low impact aerobics with muscular endurance and strength training using weights, balls and other props.

Pilates

Pilates (puh LAH teeZ) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

Power Pump

Strength training using an easily adjusted barbell weight set. It is a muscular endurance workout blending moderate resistance training with high repetitions.

Sculpt

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

Silver Sneakers-Muscular Strength/Range of Motion

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Sneakers - YogaStretch

YogaStretch moves your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Step

A choreographed cardiovascular workout using a platform and risers. Sequences are introduced and developed as the class progresses.

Step Fusion

"Fusing" traditional step with additional cardio and weights, the step portion is the major part of an interval or "all at once" at the beginning of the class. Various forms of equipment including kettlebells, medicine balls, BOSU balance trainers, barbells and gliding discs will be used for the resistance portion of the workout.

Stretch

Increase your flexibility and relax in this class.

Tai Chi

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.

Yoga - Vinyasa Flow

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

Zumba

This class fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that's fun and easy to do. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!