

Group Exercise Schedule

EFFECTIVE: MARCH 1, 2020



Monday

Time (a.m.)	Class	Instructor
5:30 - 6:30	Step	Eddie
7:30 - 8:15	Sculpt Stretch Fusion	Shaun
8:00 - 8:45	Group Cycling	Heather H.
8:30 - 9:25	Kickboxing	Kelley
9:00 - 10:00	AquaFit - Pool	Kristyn
9:30 - 10:15	Bootybarre/Bbarreless	Wendy
9:30 - 10:30	Circuit Training - Gym	Charla
10:20 - 11:20	Yoga (Vinyasa Flow)	TBA
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
Time (p.m.)		
5:30 - 6:25	Sculpt	Charla
6:30 - 7:30	Yoga (Yin)	Ruby

Tuesday

Time (a.m.)	Class	Instructor
5:30 - 6:20	Group Cycling - CS	Chris
7:30 - 8:15	Movers & Shakers	Anna
8:15 - 8:55	Burn 30	Mallory
9:00 - 10:00	AquaFit - Pool	Evelyn
10:00 - 11:00	Zumba	Erin
11:15 - 12:15	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
7:30 - 8:15	Sculpt Stretch Fusion	Shaun
8:30 - 9:25	Step Fusion	Kelley
9:00 - 10:00	AquaFit - Pool	Kristyn
9:30 - 10:15	Bootybarre/Bbarreless	Wendy
9:30 - 10:30	Circuit Training	Charla
10:20 - 11:20	Yoga (Vinyasa Flow)	Lupe
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
Time (p.m.)		
5:30 - 6:20	CardioSculpt	Kerry
6:30 - 7:30	Yoga (Vinyasa Flow)	Ruby

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Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:15	Yoga (Vinyasa Flow)	Riley
5:30 - 6:20	Group Cycling - CS	Chris
7:30 - 8:15	Movers & Shakers	Anna
8:15 - 8:55	Burn 30	Charla
9:00 - 10:00	AquaZumba - Pool	Evelyn
10:00 - 11:00	Zumba	Erin
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
7:30 - 8:15	Sculpt Stretch Fusion	Shaun
8:30 - 9:30	Zumba	DeDe
9:00 - 10:00	AquaFit - Pool	Sigman
9:30 - 10:30	Mix it Up - Gym	Charla
10:00 - 11:00	Tai Chi	Julian
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly

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 Schedule



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/ Bbarreless

This class fuses techniques from dance, Pilates and yoga to tone the whole body and build strength, flexibility and endurance. Bands and weights may be used and all fitness levels are welcome.

Burn30

These circuit-based routines are designed to optimize your workout time. The full body workouts stack simple yet effective movements at a rapid-fire pace to burn fat and build muscle. Come sweat and test your cardio and strength with us.

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.

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.

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 Fusion

This class combines basic mat Pilates with body sculpting. Using sponge balls, bands and weights, participants will improve spine/core strength and mobility as well as body tone and flexibility.

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.

Yoga - Yin

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and spine improving stability in the low back and knees. Postures take place on the floor and are held for longer periods of time. Yin yoga restores energy, calms the nervous system and helps in injury prevention and joint health.

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!