

### **L.I.F.E. TONING**

L.-Low, I. -Impact, F.-Fitness, E.-Exercises Toning is a low impact total body workout. Feel your muscles work while you shape your body with weight training.

**BOOT CAMP/CROSS TRAINING-** This class is designed for a total body workout. The interval style training cardio and weight training will bring the maximum results. This is a one hour power class.

**SPIN/RIDE & SHINE-** You are sure to get your heart pumping in this high intensity cardio workout. The class is great for building cardio endurance and sculpting the legs.

**DANCE FITNESS-** A dance workout that combines chest pops, crisscrosses, shoulder blows and kick steps to exercise the entire body.

**ZUMBA®-** A Latin-inspired, dance-fitness class that incorporates Latin and international music and dance moves to create a dynamic and effective fitness system. Ditch the workout, join the party!

**TONING-** Feel your muscles burn while you shape your body with weight training. If you want to learn how to use weights and reduce inches you need to take this class.

**FIT Barre-** An exceptional regime of ballet, Pilates, strength and flexibility training using a chair. The classes are choreographed to the hottest music in a fun, supportive and high-energy environment.

**YOGA-** This class will teach you proper stretching and relaxation techniques to clear your mind and relax your muscles. It combines the stretching aspects of yoga with a powerful flow. breathe and staying in the present moment.

**PILATES-** Enjoy improving your strength, flexibility, balance and coordination in a peaceful atmosphere. You will leave the class with a sense of calm energy (and perhaps a flatter tummy).

**PILATES FUSION-** In this class you will work on your strength and toning your core while also improving your balance.

**BASIC STEP & TONE-** This class is a mixture of cardio and strength training moves. Expect Hi/Low floor aerobics for cardio, combined with use of weights and body bars for strength training.

**TOTAL BODY CHALLENGE-** Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat. You will use hand weights, body bars, tubing, bands and jump ropes to change the shape of your body. No muscle gets neglected.

**CORE AND FAT BLASTER-** Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining cardio with specific muscle conditioning that will be tailored to the class's needs from week to week.

**SILVER CARDIO-** This is an aerobics class that's safe, heart-healthy and gentle on the joints.



**GROUP FITNESS SCHEDULE**

**November 1<sup>st</sup>- 30<sup>th</sup>**

**Happy Thanksgiving!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ride & Shine ●●● w/ Lisa 5:30-6:25 CR	Boot Camp ●●● w/ Brooke 5:30-6:25 AC	Ride & Shine ●●● w/ Lisa 5:30-6:25 CR	Boot Camp ●●● w/ Brooke 5:30-6:25 AC	Core HIIT ●●● w/ Lisa 5:30- 6:25 AC	
	SilverSneakers ● w/ Carol 8:00-8:50 AC	Cross Training●●● w/Tracy 5:45-6:30AG	SilverSneakers ● w/ Carol 8:00-8:50 AC	Cross Training●●● w/Tracy 5:45-6:30AG	Silver Toning ● w/ Julie 8:00-8:50 AC	
	Boot Camp ●●● w/ Christina 9:00-9:55 AC	Step & Tone ● w/Carol/ Julie 8:30-8:55 AC	Boot Camp ●●● w/ Christina 9:00-9:55 AC	Step & Tone ● w/Carol/ Julie 8:30-8:55 AC	Silver Cardio ● w/Carol/Julie 9:00-9:45 RR	L.I.F.E. Toning ● w/ Alison 9:00-9:55 AC
	Silver Cardio ● w/ Carol/Julie 9:00-9:45 RR	Total Body Challenge ●●● w/ Christina 9:00-9:55 AC	Silver Cardio ● w/ Carol/Julie 9:00-9:45 RR	Total Body Challenge ●●● w/ Christina 9:00-9:55 AC	Extreme Core & Fat Blaster ●●● w/ Christina 9:00-9:55 AC	Yoga ● w/ Holly/Evelyn 10:00-10:55 RR
	Yoga ● w/ Holly 10:00-10:55 RR	Pilates ● w/ Carol 9:00-9:55 RR	Yoga ● w/ Holly 10:00-10:55 RR	Pilates ● w/ Carol 9:00-9:55 RR		Zumba® A w/ Alison 10:00-10:55 AC
	Cardio Kickboxing ●● w/ Brooke 10:00-10:55 AC		Cardio Kickboxing ●● w/ Brooke 10:00-10:55 AC	SilverSneakers ● w/ Carol 10:00-10:55 RR	Pilates ● w/ Tammy 10:00-10:55 RR	
Yoga ● w/ Evelyn 2:00-2:55 RR		Cardio Jam ●● w/ Sasha 10:00-10:55 AC		Cardio Jam ●● w/ Sasha 10:00-10:55 AC	Toning ●● w/ Christina 10:00-10:55 AC	
	Dance Fitness ●● w/ Christy 5:35-6:25 AC	FIT Barre ●● w/ Tammy 5:35-6:25 AC	Zumba® A w/ Alison 5:35-6:25 AC	#REMIXED w/Step ●● w/Briana 5:35-6:25 AC	<b>Intensity Level</b> ●- Low ●●- Moderate ●●●- High A-All Levels  <b>\$ Additional Fee</b> <b>AC: Aerobic Center</b> <b>RR: Recreation Room</b> <b>CR: Cycle Room</b> <b>P: Pool</b> <b>AG: Adult Gym</b> <b>SD: Sun Deck</b>	
	Yoga ● w/ Holly 5:30-6:25 RR	SPIN ●●● w/ Kris 5:30-6:25 CR	Yoga ● w/ Holly 5:30-6:25 RR	SPIN ●●● w/ Kris 5:30-6:25 CR <i>Will resume Nov. 8th</i>		
	Pilates Fusion ● w/ Tammy 6:30-7:25 RR					
	Boot Camp ●●● w/ Christina 6:30-7:25 AC	Total Body Challenge ●●● w/Summer 6:30-7:25 AC	Boot Camp ●●● w/ Alison 6:30-7:25 AC	Total Body Challenge ●●● w/Summer 6:30-7:25 AC		