



# GROUP EXERCISE SCHEDULE September 2020

| Sunday                            | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday                                       |
|-----------------------------------|--|--|--|--|--|--|
|                                   | Ride & Shine ***<br>w/ Lisa<br>5:30-6:25 CR    | Boot Camp ***<br>w/ Brooke<br>5:30-6:25 AC             | Ride & Shine ***<br>w/ Lisa<br>5:30-6:25 CR          | Boot Camp ***<br>w/ Brooke<br>5:30-6:25 AC             | Core HIIT ***<br>w/ Lisa/Brooke<br>5:30- 6:25 AC             |  |
|                                   | Yoga –A<br>w/Holly<br>8:00-8:50 RR             | Cross Training***<br>w/Tracy<br>5:45-6:30AG            | Yoga –A<br>w/Holly<br>8:00-8:50 RR                   | Cross Training***<br>w/Tracy<br>5:45-6:30AG            |  |  |
|                                   | Silver Sneakers •<br>w/ Julie<br>8:00-8:50 AC  | Yoga•<br>w/Evelyn<br>8:00-8:55 RR                      | Silver Sneakers •<br>w/ Alison/Julie<br>8:00-8:50 AC |  | Silver Sneakers •<br>w/ Alison<br>8:00-8:50 AC               |  |
|                                   | Boot Camp ***<br>w/ Brianna<br>9:00-9:55 AC    | Step & Tone •<br>w / Carol Lewis<br>8:30-8:55 AC       | Boot Camp ***<br>w/ Christina<br>9:00-9:55 AC        | Step & Tone •<br>w/Carol Lewis<br>8:30-8:55 AC         |  | L.I.F.E. Toning A<br>w/ Alison<br>9:00-9:55 AC |
|                                   | Silver Cardio •<br>w/ Alison<br>9:00-9:45 RR   | Total Body Challenge ***<br>w/ Brianna<br>9:00-9:55 AC | Silver Cardio •<br>w/ Carol Lewis<br>9:00-9:45 RR    | Total Body Challenge ***<br>w/ Brianna<br>9:00-9:55 AC | Silver Cardio •<br>w/Alison<br>9:00-9:45 RR                  |  |
|                                   | Yoga •<br>w/ Evelyn<br>10:00-10:55 RR          | Pilates •<br>w/Carol Scott<br>9:00-9:55 RR             | Yoga •<br>w/ Tammy<br>10:00-10:55 RR                 | Pilates •<br>w/Carol Scott<br>9:00-9:55 RR             | Extreme Core &<br>Fat Blaster ***<br>w/ Jodi<br>9:00-9:55 AC | Yoga •<br>w/ Evelyn<br>10:00-10:55 RR          |
|                                   | Zumba –A<br>w/Alison<br>10:00-10:55 RR         | Silver Sneakers•<br>w/Carol Scott<br>10:00-10:55 RR    |  | Silver Sneakers•<br>w/Carol Scott<br>10:00-10:55 RR    | Pilates •<br>w/ Jodi<br>10:00-10:55 RR                       | Zumba® A<br>w/ Alison<br>10:00-10:55 AC        |
| Yoga•<br>w/Evelyn<br>2:00-2:55 RR |  | Cycle Sculpt ***<br>w/Brooke<br>10:00-10:55 CR         |  | Cycle Sculpt ***<br>w/Brooke<br>10:00-10:55 CR         |  |  |
|                                   |  |  |  | Zumba® A<br>w/Alison<br>10:00-10:55 AC                 |  |  |
|                                   | Dance Fitness **<br>w/ Christy<br>5:35-6:25 AC | FIT B.arre •<br>w/ Tammy<br>5:35-6:25 AC               | Zumba ® A<br>w/ Alison<br>5:35-6:25 AC               | Dance Fitness **<br>w/April/Christy<br>5:35-6:25 AC    |  |  |
|                                   | Yoga •<br>w/ Tammy<br>5:30-6:25 RR             |  | Yoga •<br>w/Evelyn<br>5:30-6:25 RR                   |  |  |  |
|                                   | Pilates •<br>w/ Tammy<br>6:30-7:25 RR          |  | Boot Camp ***<br>w/Christina<br>6:30-7:25 AC         | Spin ***<br>w/ Brianna<br>6:00-6:55 CR                 |  |  |
|                                   | Boot Camp ***<br>w/ Christina<br>6:30-7:25 AC  | Total Body Challenge ***<br>w/Summer<br>6:30-7:25 AC   | Toning A<br>w/ Alison<br>6:30-7:25 RR                | Total Body Challenge ***<br>w/Summer<br>6:30-7:25 AC   |  |  |

**Intensity Level**

- Low
- Moderate
- High
- A-All Levels

**\$ Additional Fee**

- AC: Aerobic Center
- RR: Recreation Room
- CR: Cycle Room
- P: Pool
- AG: Adult Gym
- FL: Front Lobby

**# Limited availability**

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/CARDIO BOOTCAMP-** 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. **CYCLE/SCULPT** –thirty minutes of cycle and the rest is total body sculpting.

**DANCE FITNESS-** A cardio workout that uses choreographed dances - using various styles of dance and music to burn calories.

**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! **ZUMBA FITNESS** – not just dance but also fitness moves to burn extra calories

**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.

**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 & ABS** – 30 minutes of Pilates followed by 30 minutes of abs

**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/INTERVAL EXPLOSION-** 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/CORE HIIT-** 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.

**SILVER SNEAKERS-**Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**TAI CHI** - is an internal Chinese martial art practiced for its defense training, its health benefits and meditation. **Additional Fee \$**

**SENIOR WEIGHT TRAINING** – for ages 65 and older – learn to use the weight machines & free weights to build strong muscles. **Additional Fee \$**

**KICKBOXING** - combines martial arts techniques with fast-paced cardio using the kick and punching pads. This high-energy **workout** challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories. **Additional Fee \$**

**MEDICINE BALL HIIT** – is a killer workout using medicine balls that will involve cardio, core, and strength. **Additional Fee \$**