

GROUP EXERCISE SCHEDULE (Effective March 1st, 2020)

(Please DO NOT enter Group Exercise classes more than 10 minutes after the class start time.)

POOL ~ GROUP EXERCISE Room ~ F.I.T. Room ~ SPIN Studio ~ GYMNASIUM ~ FITNESS CENTER

*MYZONE Monitors Used For Classes In All Studios

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM			Cardio Circuit & Core- Lisa		Cardio Circuit & Core- Terry		
6:00 AM				TRX and Flex-Michelle			
6:30 AM							
8:00 AM	SPIN® - Michelle Flexibility Flow- Lily		Aqua Fitness-Linda		SPIN®- John G		TRX & Bells Blast John Aqua Fitness-Kerrie
8:30 AM	30 Minute TRX & Bells Blast Terry						
9:00 AM	Total Body Sculpt Allison TRX and Flex-Terry	Core and More- Joanne TRX Trio -Lisa Aqua Fitness-Linda	Total Body Sculpt- Lisa SPIN® - Terry Aqua Fitness-Linda	Core and More- Lisa SPIN® - Terry Aqua Fitness-Kerrie	Total Body Sculpt – John SPIN® - Art Aqua Fitness-Linda	Cardio Craze – Lisa Aqua Fitness-Sarah	Sankalpa Yoga – Level 2 Annette *8:45 Start TRX and Flex-John
10:00 AM	ZUMBA® -Yvonne	Well Fit - Terry	Sankalpa Yoga – Annette	Well Fit - Joanne	Hatha Yoga – Melissa Beginner TRX -John	Well Fit - Lisa	ZUMBA® Yvonne/Carolyn
11:00 AM		ZUMBA®Gold -Yvonne	Silver Sneakers Classic Lisa	ZUMBA®Gold - Yvonne Sr./Beginner SPIN® ART	Silver Sneakers Classic Lisa	Stretch Yoga - Josephine	
		12:00pm Well Fit - Terry					
6:00 PM		ZUMBA®- Carolyn Kettle Bell Fusion - Linda	M.E.T- Michelle SPIN® - Art	Transform 20 and Abs - Linda	ZUMBA®- Carolyn Insanity - Allison		
6:45 PM			30 Minute Stretch- Michelle		30 Minute Stretch - Allison		
7:00 PM		Fun Flow Yoga-Katie			Aqua Fitness-Kerrie		
7:30 PM							

Many classes have limited space. You may sign up in person 30 minutes in advance at the Sports and Wellness Desk for all classes.

CLASS DESCRIPTIONS

FREE FOR MEMBERS; \$10.00 FOR THE GENERAL PUBLIC UNLESS OTHERWISE NOTED ~ CLASSES ARE 45- 50 MINUTES IN LENGTH UNLESS OTHERWISE NOTED

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LAND CLASSES

Kettle Bell Fusion: Kettlebell squats and swings are scattered among upper-body work with weights, Bosu burpees, jumping rope, high knees with a medicine ball, push-ups, mountain climbers, and more.

Cardio Circuit and Core: This class combines cardio and strength training stations and ends with core conditioning. [Takes place in Fitness Center.](#)

Core and More: This class focuses on abs, low back, legs, balance and stability.

Cardio Craze: Get ready for 45 minutes of heart pumping cardio using a variety of formats to burn some serious calories.

M.E.T- Metabolic Endurance Training is a strength class that will transform your body using light weights and high repetitions. All levels welcome.

Senior & Beginner Indoor Cycling: Introduce yourself to the rewarding world of indoor cycling. This **45 minute** class is specifically designed for seniors or beginners. You will enjoy low-impact exercise to great music. It's challenging and fun.

SPIN®: Our instructors guide you on a variety of **60 minute** "journeys" designed to improve your fitness and push it to new levels. Meet the challenge and have fun.

SilverSneakers® Classic: Have fun and move to the music. A variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing, and a ball are offered for resistance. A chair is provided for support. ~ \$5 for the general public..

Total Body Sculpt: Body sculpting and strength training at its best! We will incorporate free weights, resistance bands and body bars for a full body workout.

Transform 20 and Abs: Using a step bench you will torch calories while targeting your legs and upper body. No weights required!! The class ends with abs and core.

Well Fit: If you are new to group fitness, prefer a lower impact workout or are just trying to stay well and fit, this is the class for you. Well Fit combines low impact aerobics and strength training segments.

ZUMBA®: This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system.

ZUMBA® Gold: Using the same great ZUMBA® formula, we add a longer warm up and cool down to provide beginners and older adults with a program that improves balance, flexibility and cardiovascular strength.

30 Minute Stretch: A full body stretch class to increase flexibility, decrease muscle tension, and relax & rejuvenate for the remainder of the week.

High Intensity Interval Training - TRX Classes:

INSANITY®: INSANITY® is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. INSANITY® was originally designed as an at-home workout, the group-exercise adaptation INSANITY® has been designed to give participants a safe, challenging & results-driven experience with each and every exercise able to be intensified to be high intensity or modified to be low impact.

TRX and Flex: This class will combine a variety of strength training techniques to help you improve strength, endurance and increase lean muscle.

30 Minute TRX and Bells Blast: Got 30 Minutes? Target your muscles with an ALL WORK/NO REST workout to take you to your limit using the TRX and Kettle Bells!!!

TRX and Bells Blast: Got 45 Minutes? Target your muscles with this extended version of the 30-minute workout to take you to your limit using the TRX and Kettle Bells!!!

TRX Trio: This class has it all! 15 minutes each of Cardio, TRX Strength Exercises, and Core. Come have some fun and challenge your body.

Beginner TRX: Learn the basics on how to adjust the TRX straps and perform the exercises using this suspension system. A full bodyweight workout.

Yoga Classes:

Sankalpa Yoga - Defined by one teacher as the Sanskrit word for "intention." Open to all levels & will include poses in flow and ones to be held; meditation when time allows; and, with the intention of cultivating rest and peace.

Sankalpa Yoga Level 2 – Participants must be able to transition from the floor to standing without assistance, be familiar with sun salutations, and to modify for oneself in order to move through a Vinyasa style of practice.

Stretch Yoga: Move your whole body through a complete series of yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises, stretching and a final relaxation will promote stress reduction and mental clarity

Hatha Yoga: Hatha Yoga practice is for all levels of fitness and experience. The class focuses on Yoga postures, both static and dynamic, breathing practices and guided meditations. Bring a mat and blanket if you have them

Fun Flow Yoga: This energetic, motivating Vinyasa yoga flow class focuses on building strength, flexibility and balance both on and off the mat. Set to upbeat music, this class will challenge and invigorate your body. This class is suitable for all levels, with modifications provided for both the beginning and advanced student.

Flexibility Flow: A vinyasa flow class oriented to build heat in the body and to improve strength and flexibility.

WATER CLASSES:

Aqua Fitness: This aerobic shallow water class will improve core strength, stability, flexibility and overall cardiovascular fitness. All ability levels are welcome. ~ \$5 for the general public

Hydro Fit: High intensity, low impact workout in the pool that will increase both cardiovascular and muscular endurance and strength. Flotation devices used. \$5 for the general public.

