

## GROUP EXERCISE SCHEDULE (Effective July 1st, 2019)

(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	SPIN® - Michelle	Cardio Circuit & Core- Terry		
6:00 AM				TRX and Flex - Terry		Body Blast- Michelle	
6:30 AM							
8:00 AM	SPIN® - Christine Vinyasa Flow-Crystal	Aqua Fitness-Linda	Aqua Fitness-Linda	Aqua Fitness-Lisa	Aqua Fitness-Linda	Aqua Fitness-Staff	
8:30 AM	30 Minute TRX & Bells Blast Terry						30 Minute TRX & Bells Blast John
9:00 AM	**Pilates Fusion Crystal **Total Body Circuit Allison ** Begin June 30th	Core and More- Lisa TRX and Flex -Joanne	Total Body Sculpt- Lisa SPIN® - Terry	Core and More- Lisa SPIN® - Terry	Total Body Sculpt - Joanne SPIN® - Art	Kettle Bell Fusion - Lisa	Sankalpah Yoga - Level 2 Annette *8:45 Start TRX and Flex - John
10:00 AM	ZUMBA® -Yvonne	Well Fit - Terry	Sankalpah Yoga - Annette	Well Fit - Joanne	Hatha Yoga - Melissa	Well Fit - Lisa	ZUMBA® Moises/Gail/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 Insanity - Linda	Total Body Sculpt-Andrea SPIN® - Art	Kettlebell Fusion- Linda	ZUMBA® - Carolyn Insanity - Allison		
6:45 PM			30 Minute Stretch- Andrea		30 Minute Stretch - Allison		
7:00 PM		Fun Flow Yoga-Katie			Aqua Zumba-Lisette		
7:30 PM							

The following classes have a limit of 25 people. You can sign up in person 30 minutes in advance at the Sports and Wellness Desk for: Well Fit, ZUMBA®, ZUMBA® Gold, and Silver Sneakers

## CLASS DESCRIPTIONS

**FREE FOR MEMBERS; \$5.00 FOR THE GENERAL PUBLIC UNLESS OTHERWISE NOTED ~ CLASSES ARE 50 MINUTES IN LENGTH UNLESS OTHERWISE NOTED**

**(PLEASE DO NOT ENTER GROUP EXERCISE CLASSES MORE THAN 10 MINUTES AFTER THE CLASS START TIME.)**

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**Well Fit, ZUMBA®, ZUMBA® Gold, and Silver Sneakers**

### 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.

**Body Blast:** This class is a circuit format, in which you move from exercise to exercise with little rest in between, thus keeping your heart rate up using resistance and body-weight training, cardio, plyometrics, ab work, kickboxing, and yoga.

**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.

**Pilates Fusion:** Pilates fusion combines yoga, barre, strength conditioning and Pilates exercises for a low to no impact, sculpting and toning full body workout. Accessible to all levels, this class will help to develop strength, flexibility, balance, and muscle tone.

**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. ~ \$10 for the general public.

**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. ~ \$10 for the general public.

**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. ~ \$3 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.

**Total Body Circuit:** 45-minute, high impact workout that combines strength and cardio through stations and a variety of equipment.

**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 and Release:** 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:** ~ \$15 for the general public.

**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 KettleBells!!!

**Yoga Classes:** ~ \$10 for the general public.

**Sankalpah 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.

**Sankalpah 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

**Vinyasa Flow Yoga:** All level, Vinyasa flow class. This class will offer instruction and adaptation focusing on strength, balance, and flexibility. This is a challenging but accessible class for all levels and ages.

**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.

### WATER CLASSES:

**Aqua Fitness:** This aerobic shallow water class will improve core strength, stability, flexibility and overall cardiovascular fitness. All ability levels are welcome. ~ \$6, 10 sessions for \$45

**Aqua Zumba®** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!. \$6 for the general public.

