

GROUP EXERCISE SCHEDULE (Effective November 7th, 2016)

(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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		SPIN® Christine/Karen	Cardio Circuit & Core - Lisa	SPIN® - Anatoly	Cardio Circuit & Core - Jean		
6:00 AM				TRX and Flex - Terry			
6:30 AM			Hydro-Fit - Lisa		Hydro-Fit - Lisa		
8:00 AM	Vinyasa Yoga Annabel SPIN® - Christine						Aqua Fitness SPIN®- Christine
9:00 AM	Total Body Sculpt Allison TRX and Flex - Terry	Aqua Fitness Pilates Mat- Grace TRX Circuit Training Terry	Aqua Fitness Total Body Sculpt- Lisa SPIN® - Terry	Aqua Fitness Pilates Mat- Grace SPIN® - Terry	Aqua Fitness Total Body Sculpt - Joanne SPIN®- Art	Aqua Fitness 2... To The Max - Lisa	Sankalpah Yoga - Annette
10:00 AM	ZUMBA® -Yvonne	Well Fit - Terry	Balletone® - Eve	Well Fit - Joanne	Sankalpah Yoga – Annette MVP Cycling Moves* 10:15 am* (9/22-12/8, No class 11/24)	Well Fit - Lisa	ZUMBA® Moises/Gail
11:00 AM		ZUMBA® Gold - Yvonne	Silver Sneakers Classic Lisa	ZUMBA® Gold - Yvonne Sr./Beginner SPIN® - Art	Silver Sneakers Classic Lisa	Stretch Yoga - Avi	
				2:00pm MVP Drum's Alive (9/21-12/7, No class 10/12)		12:00pm Silver Sneakers Cardio Fit Yvonne	
5:00 PM							
5:30 PM							
6:00 PM		Insanity – Allison	2... To The Max-Tammy SPIN® - Art	FIT Body Sculpt - Lisa M.	ZUMBA®- Moises Insanity- Allison SPIN® - Anatoly		
6:30 PM							
7:00 PM			Hydro-Fit Power Yoga - Rachel		Aqua Zumba-Lisette Yoga Eclectic - Kerrie		

* Shannon

TS 9/10/16

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.)

LAND CLASSES

2... to the Max: 2 minutes of Cardio and 2 Minutes of Strength. Break through your plateaus and crank up your metabolism with this high intensity workout.

Balletone®: A Standing Flow creates a challenging mix of muscle conditioning, cardio, and stretching exercises designed to lengthen, strengthen and energize the entire body.

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

FIT Body Sculpt: Ask more from your muscles! This class is designed for men and women who want tone, strength and definition. Weight training exercises and cardio moves offer a class that will push you beyond and into the next level of fitness.

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 of 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.

Pilates Mat: Beginner to intermediate mat Pilates class focusing on developing the body uniformly: improving posture, strength, flexibility, stamina, and overall wellness. \$10 for the general public.

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.

SilverSneakers® Cardio Fit: This class includes standing low impact cardiovascular work and a variety of strength training options for muscular strength and endurance conditioning. ~ \$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.

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.

~ **High Intensity Interval Training - TRX Room classes:** ~ \$15 for the general public.

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

TRX Circuit Training: Here is an efficient total body workout that integrates cardio, flexibility and strength. This class has timed interval sets combining TRX and cardio drills that are sure to get your heart rate up.

MVP Class Offering (Must register for these classes through MVP)

MVP Cycling Moves: Have fun, burn calories and improve your cardiovascular fitness while riding to great music. This indoor cycling class is specifically designed for active older adults. Intensity options are given throughout the class to accommodate varying fitness levels. If you are new to cycling, please arrive 15 minutes early for proper bike set-up.

MVP Drums Alive: Feel the beat of Drums Alive! This class is different from any class you have ever tried. Drums Alive will have you moving to motivating music and drum rhythms.

Yoga Classes:

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

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. ~ \$10 for the general public.

Vinyasa Yoga (All Levels): After a short meditation, this whole-body-and-mind practice flows through a sequence of poses (including balancing poses), and concludes with deep stretches, inversions, and relaxation. Although it's suitable for beginners, modifications are offered for those seeking extra challenge. ~ \$10 for the general public.

Yoga Eclectic: A combination of the Hatha and Tantric branches of yoga. Each class includes Asanas (physical postures), meditation and Pranayama (breath techniques). ~ \$10 for the general public.

Power Yoga: This class integrates various sun salutations and cardio Yoga flows followed by grounding and restorative Yoga postures. ~ \$10 for the general public.

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 for \$45, Full session for \$250.

Hydro Fit: High intensity, low impact workout in the pool that will increase both cardiovascular and muscular endurance and strength. Flotation devices used. \$6 for the general public. **45 minute class.**

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