

GROUP EXERCISE SCHEDULE (Effective June 25th, 2017)

(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			Cardio Circuit & Core - Lisa	SPIN® - Anatoly	Cardio Circuit & Core - Terry		
6:00 AM				TRX and Flex - Terry			
6:30 AM			Hydro-Fit - Lisa		Hydro-Fit - Lisa		
8:00 AM	SPIN® - Christine	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness SPIN® - Christine
8:30 AM	30 Minute TRX Express Terry						
9:00 AM	Total Body Sculpt Allison TRX and Flex - Terry	Pilates Mat- Grace TRX Circuit Training Terry	Total Body Sculpt- Lisa SPIN® - Terry	Pilates Mat- Grace SPIN® - Terry	Total Body Sculpt - Joanne SPIN® - Art	2... To The Max - Lisa	Sankalpah Yoga – Annette *8:45 Start
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 - Jo	
				2:00pm MVP Bowka (6/28-8/2)		12:00pm Silver Sneakers Cardio Fit Yvonne	
5:00 PM							
6:00 PM		ZUMBA® - Carolyn Insanity- Allison	Total Body Sculpt-Tammy SPIN® - Art	Fun Flow Yoga – Katie	ZUMBA® - Carolyn Burn & Tone- Allison		
7:00 PM			Go With The Flow Yoga Donna Hydro-Fit		Yoga Eclectic – Donna 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

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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.

Burn and Tone: A total body workout that combines cardio and strength moves. Get your heart rate up, burn some calories and tone your muscles! This is a 45 minute class and modifications can be made for all fitness levels.

Cardio Circuit and Core: This class combines cardio and strength training stations and ends with core conditioning. *Takes place in Fitness Center.*

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.

30 Minute TRX Express: Got 30 Minutes? Target your muscles with an ALL WORK/NO REST workout to take you to your limit!!!!

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

MVP Bokwa: Participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine.

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

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

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.

Yoga Eclectic: A combination of the Hatha and Tantric branches of yoga. Each class includes Asanas (physical postures), meditation and Pranayama (breath techniques).

Go With The Flow Yoga: All level, Vinyasa flow class. This class will offer instruction and adaptation to allow you to "go with the flow" and practice your Yoga. Take what you need and leave what you don't.....this is your opportunity to be kind to yourself for an hour.

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 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.

