

# GROUP FITNESS

Monday, February 19 - Sunday, March 4

✦ Indicates an Express Class

■ Indicates an Evening Class

Classes and instructors are subject to change without notice.

## MONDAY

Time	Class	Instructor
5am-5:25am	Spin Express ✦	Karen
5:30am-6:25am	BODYPUMP™	Karen
6:30am-6:55am	Pilates Express ✦	Karen
7am-7:55am	Silver Sneakers	Joan
8am-8:55am	Tabata	Patti
9am-9:55am	BODYPUMP™	Joan
10am-10:55am	Total Conditioning	Patti
4:30pm-5:25pm	Spin	Karen
5:30pm-6:25pm	BODYPUMP™	Joan/Sarah
6:30pm-7:25pm	Yogalates	Joan

## TUESDAY

Time	Class	Instructor
5am-5:55am	Spin	Karen
6am-6:55am	Total Conditioning	Karen
7:15am-8:10am	Chair Yoga	Lynda
8:15am-9am	Pilates	Joan
9:15am-10:10am	Cardio Strength	Joan
10:15am-11:10am	Yoga	Joan
11:30am-12:25pm	AOA Fitness	Joan
5:30pm-6:25pm	Cardio Strength	Patti
6:30pm-7:25pm	Tabata	Patti
7:30pm-8:25pm	WERQ	Xenia

## WEDNESDAY

Time	Class	Instructor
5:30am-6:25am	Power Yoga	Steph
7am-7:55am	Silver Sneakers	Joan
8am-8:55am	Tabata	Patti
9am-9:25am	Spin Express ✦	Lorri
9:30am-9:55am	Spin Express ✦	Lorri
10am-10:55am	Pilates	Joan
11am-11:55am	AOA Fitness	Joan
12pm-12:55pm	Yoga and Meditation	Joan
5:30pm-6:25pm	WERQ	Sarella
6:30pm-7:25pm	Yoga	Steph
7:30pm-7:55pm	Spin Express ✦	Steph
8pm-8:25pm	Hard Core Express ✦	Steph

## THURSDAY

Time	Class	Instructor
5am-5:55am	Spin	Karen
6am-6:55am	Total Conditioning	Karen
7:15am-8:10am	Silver Sneakers Yoga	Joan
8:15am-9:10am	Zumba	Loly
9:15am-10:10am	Cardio Strength	Joan
10:15am-11:10am	Yoga	Joan
11:30am-12:25pm	AOA Fitness	Joan
5:30pm-6:25pm	Boot Camp	Patti
6:30pm-6:55pm	Spin Express ✦	Joan/Karen
7pm-7:25pm	BODYPUMP™ Express ✦	Joan/Karen

## FRIDAY

Time	Class	Instructor
5:30am-6:25am	BODYPUMP™	Sarah
7:30am-8:25am	BODYPUMP™	Joan
8:30am-8:55am	Pilates Express ✦	Joan
9am-9:55am	Spin	Joan
10am-10:55am	Total Conditioning	Patti

## SATURDAY

Time	Class	Instructor
7am-7:55am	Spin	Karen
8am-8:55am	Total Conditioning	Karen
9am-9:55am	BODYPUMP™	Krista
10am-10:55am	WERQ	Sarella
11am-11:55am	Spin	Rotation
12pm-12:45pm	Family Yoga	Rotation
12:50pm-1:35pm	Tween and Teen Yoga	Rotation

## SUNDAY

Time	Class	Instructor
7:15am-8:10am	Spin	Mark
9am-9:55am	Yoga	Kelly
10am-10:55am	Yoga	Kelly
11am-11:55am	BODYPUMP™	Sarah

# CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION
<b>AOA Fitness</b>	The Active Older Adult (AOA) Fitness program is everything you need to stay healthy and fit: 20 minutes of easy aerobic dance moves to fun music, followed by 20 minutes of light weight training, and 20 minutes of balance and stretching. This program is designed for adults ages 50+.
<b>BODYPUMP™</b>	BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors, and your choice of weight will inspire you to get the results you came for and fast!
<b>Boot Camp</b>	Military-inspired workouts never go out of style for a reason. They burn serious calories! Built on 3 fundamentals of training - cardio, strength, and agility - they are more intense than most fitness classes and more fun than traditional gym workouts.
<b>Cardio Strength</b>	Join us for a total body workout. This class will incorporate a cardiovascular workout with interval, resistance and strength training (using tubes, dumbbells and one's own body weight) all packed into one hour! Abdominals will also be targeted. This class is suitable for all fitness levels. You will burn fat, build endurance, define & strengthen your muscles.
<b>Chair Yoga</b>	Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using the chair for support. These modifications are ideal for those that lack the mobility to move easily in standing poses. Chair Yoga participants will also enjoy the other benefits of yoga, including improved muscle tone, easier breathing, and reduction of stress.
<b>Family Yoga</b>	Family Yoga is a fun, joyful and peaceful way to move together mindfully. Included are playful postures, partner poses, and easy balance. The class will conclude with a brief guided imagery and relaxation. 45 minutes
<b>Hard Core Express</b>	This 30 minute class will strengthen every muscle group in your core. Focus will be on upper, lower, and oblique abdominals, as well as, muscles in the back. Create a lean and sculpted body in a short amount of time.
<b>Pilates</b>	Work the CORE from the inside out in 30 minutes of strength training, with a deep emphasis on upper and lower abdominals, oblique's, and glutes. Achieve muscle tone, greater flexibility, improved balance, postural alignment, a flatter stomach and a stronger back. Suitable for all fitness levels.
<b>Power Yoga</b>	Power Yoga is a fast paced vinyasa flow which focuses on increasing the heart rate using your body weight to build muscle mass and bone density. Traditional flexibility poses are included to create more stamina and endurance for an overall cardio yoga experience.
<b>Silver Sneakers</b>	Have fun, make friends, and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and improve your daily living skills. Hand held weights, elastic tubing with handles, and balls are offered for resistance. A chair is offered for seated and/or standing support if necessary.
<b>Silver Sneakers Yoga</b>	Move your whole body through a series of seated and standing yoga poses to increase flexibility, balance, strength, and range of movement. Chair support is offered to safely perform a variety of postures if needed. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.
<b>Spin</b>	Studio Cycle classes will burn a ton of calories, increase lower body strength and improve your cardio vascular endurance. You will be inspired by music through intervals of flats and hills, strength and speed play. These classes are led by certified instructors and are on a first come, first serve basis. Please arrive a little early in order to obtain use of a spin bike as the maximum is 24. Take the challenge!
<b>Tabata</b>	Tabata training is a high-intensity interval training (HITT) workout. It is meant to help you lose weight, improve flexibility and build muscle.
<b>Total Conditioning</b>	This class uses free weights and bars to work and TONE each muscle group. We workout to high energy music for 4-5 minutes and work each muscle group to fatigue. It is not meant to "bulk up" but rather define and tone.
<b>Tween &amp; Teen Yoga</b>	The class is designed for ages 10-18 to help adolescents develop self-awareness, emotional resilience and healthy body images in a fun and non-competitive environment. Includes traditional yoga poses, partner poses to promote trust, and breathing exercises to reduce stress and anxiety. 45 minutes
<b>WERQ</b>	Build cardio endurance dancing to today's hottest top 40 pop, rock, and hip hop music! WERQ up a sweat on the dance floor to all your favorite charting hits.
<b>Yoga</b>	Come and learn the basics of Yoga! This class focuses on breathing techniques and beginning Yoga postures in a smooth and flowing way to teach you a safe, effective and graceful style to strengthen and balance your body and mind. A brief stress relief relaxation is offered at the end of class. Beginner to intermediate levels.
<b>Yoga &amp; Meditation</b>	This mindful yoga class will focus on a slower pace, increased range of motion, and balance. It will conclude with a 15 minute mediation, which has been proven to lower blood pressure and heart rate by reducing stress and anxiety.
<b>Yogalates</b>	Yogalates is a fusion of two proven practices, Yoga and Pilates. This class will focus on core strength, grace, balance, and flexibility. Join us in reawakening the mind, body, breath connection while sculpting the core and improving posture.
<b>Zumba</b>	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.