

Group Strength, Cardio & Mind Body Classes

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs
5:30 am	HIIT Darci	Conditioning Lisa	HIIT Holly		HIIT IT 45 Lisa		HIIT Holly		High Fitness® Audrey	F.I.T. Lisa
6:00 am						Yoga Jenny				
6:15 am	Meta Burn Darci				Surge Fit® Darci		Meta Burn Holly			
6:30 am									Strength Audrey	
7:00 am	Barre Tiffany M.					Bosu Cynthia				
8:30 am		Tabata GX® Nicolle		CardioSculpt Karen		TRX Cynthia		HIIT Cynthia		Body Blast Nicolle
9:35 am	Alignment & Vinyasa Yoga Barbara—Bb Court								Alignment & Vinyasa Yoga Barbara—Bb Court	
Noon	Bars & Bands Liz					Pilates 35 Barbara				
4:30 pm	Muscle X Malena				Muscle X Malena					
5:30 pm	HIIT Audrey	FUNctional Fitness Meg	HIIT Darci		PIYO 45 Meg		Surge Fit® Darci			
6:15 pm	High Fitness® Audrey									
6:30 pm			Zumba® Sunflower		Mixed Fit Belinda					
7:15 pm	Zumba Step® Sunflower									

Saturday	
8:30 am	High Fitness® Kaitlin

Indoor Cycling Classes

	Monday	Tuesday	Wednesday	Friday
5:30 am		Tiffany O.	Tiffany O.	
6:00 am	Shawn			Shawn
6:30 pm		John	John	



Class Descriptions

Barre- Combine Pilates, Yoga and Ballet movements to sculpt your body in this low impact, high intensity toning class. It. We will utilize fun music and repetitive movements that will burn out each muscle group for a fun and intense full body workout.

Bars N Bands- Offset your cardio with this classic barbell class.

Body Blast!- Come blast your body with us in this cardio/strength interval training class. This class is always different utilizing multiple class formats from HITT to occasional step aerobics to keep your body guessing!

Bosu- Focus on balance, stability and core strength using a H.I.I.T. format for cardio endurance and strength.

Cardio Sculpt- Build, sculpt and define lean muscle with intense isolation exercises using free weights, bar bells and bands while getting your heart up using Kenpo movements.

Conditioning- Come try a variety of cardio moves and toning exercises using free weights and other equipment to start your day!

Cycling 45- Come willing to work and have fun in this 45-minute energizing spin class fueled by great music and variations in resistance and mixed terrain.

F.I.T.- (Fun Interval Training) Total body workout building strength and aerobic endurance using interval type sequence. This class uses a variety of exercise equipment to keep things fun!

FUNctional Fitness- Focus on functional fitness in this boot camp style class.

High Fitness®- Get a high caloric burn in this fun, hardcore fitness class incorporating interval training and easy to follow choreography to pop music that can be modified to meet individual needs in motivating and energetic atmosphere.

HIIT- High Intensity Interval Training. HIIT alternates short periods of high intensity work followed by low intensity work (recovery) using a variety of equipment.

Indoor Cycling- Raise your heart rate in this indoor cycling class that will challenge any fitness enthusiast.

H.I.I.T. IT 45- Burn more calories in this full body workout of interval training sequences. Walk away feeling strong.

Meta Burn- Incorporate focused moves with elements of Kettlebells, Yoga Shred, Strength and Conditioning, HIIT and Core and Cardio Blast in this combination class. Each week will vary.

Mixed Fit- Combine explosive dancing with body weight toning.

Muscle Xtreme- Build strength utilizing a variety of exercise equipment and variations in intensity and resistance.

Pilates 35- Focus on making slow controlled lengthening and strengthening movements while on building long lean muscle. 35 minutes

PiYo® 45- Like H.I.T.T? Try this Pilates form of H.I.T.T.

Strength- Strengthen everything in this full body workout. Learn proper form, slow movements down to allow muscle growth over time and keep your body in good alignment.

Surge Fit®- Get results fast with this energizing H. I. I T. workout using high intensity cardio tracks that push fat burning systems into high gear and high rep strength tracks that shape and tone for maximum results.

Tabata GX®- Utilize multiple HIIT training protocols and timing strategies for variety and optimal success.

Total Conditioning- Try a variety of cardio moves and toning exercises using free weights and other fitness equipment to start your day!

Yoga- Improve your range of motion (balanced flexibility and strength), balance and mind-body integration.

Yoga: Alignment & Vinyasa- Combine principles of Iyengar Yoga, Viniyoga and Vinyasa for an individualized alignment-based practice.

Zumba®- Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness-party. It's exercise in disguise.

Zumba Step®- Combine the awesome toning and strengthening power of step aerobics in this Zumba class that combines Latin and international music in a fun and effective workout.



Healthy Living, Water Aerobics & Silver Sneakers Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am	SilverSplash® Abby 	Aqua Circ. Abby	SilverSplash® Abby 	Aqua Interval Abby	
8:00 am		Yoga for Healthy Aging Kathy		Yoga for Healthy Aging Carolee	
8:30 am	Aqua Interval Abby		Aqua Endurance Abby		
8:30 am	Circuit® Liz 		Boom Move It® & Boom Muscle® Nicolle 		Cardio® Liz 
9:00 am		Yoga® Abby 			
10:00 am	Classic® Abby 		Classic® Abby 		Classic®  Abby



Class Descriptions

Aqua Circuit- Increase your aerobic endurance, muscular strength and core stability while exercising to music. This class emphasizes proper form and posture while alternating between aerobic periods (3-4 minutes) and strength periods (1-2 minutes) using aqua bells. It ends with a wonderful stretch to increase flexibility.

Aqua Interval- (HIIT) Alternate short periods of intense exercise with less-intense recovery periods using music. The buoyant properties of water allow you to work at a higher level with less impact on your body. You have the option of using noodles and aqua bells in your warm down finishing with stretching for an exhilarating workout.

SilverSneakers Boom Move It- Burn calories and get your heart pumping in this high-intensity dance workout. Don't worry about getting every step perfect, just have fun and improve your cardio endurance and strength during this 30-minute workout.

SilverSneakers Boom Muscle- Improve upper body conditioning in this 30-minute class that includes sports-inspired exercises focusing on different muscle groups during "blocks." Tone your muscles and build overall strength in MUSCLE.

SilverSneakers® Cardio Fit- Focus on building upper-body and core strength with added cardio endurance in this heart-healthy aerobics workout using low-impact movements. This class is primarily without a chair,

SilverSneakers® Circuit- Move to non-impact standing choreography alternated with safe, fun and effective exercises for upper-body strength work. A chair is used for support during standing sequences.

SilverSneakers® Classic- Strengthen muscles and increase range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

SilverSneakers® Splash- Increase strength and endurance in this fun, shallow-water exercise class using a signature splash-board. Splash is suitable for all skill levels and is safe for non-swimmers.

SilverSneakers® Yoga- Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Yoga for Healthy Aging- Target your flexibility, range of motion, balance and mind-body integration in this Yoga class.

