

# Group Strength, Cardio, Cycling, Mind Body, Water & SilverSneakers Classes

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
TIME	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs
5:30 am	HIIT Fabula	Total Conditioning Lisa	HIIT Fabula		HIIT Fabula		HIIT Holly		Interval Training Lisa		
					Indoor Cycling 45 Tiffany O.				Indoor Cycling Pam		
6:00 / 6:30 am	6:00 Indoor Cycling Pam								6:30 Strength Audrey	6:00 Yoga Carolee	
7:30 am	Aqua Cardio Abby		Aqua Circuit Abby		Aqua Endurance Abby		Aqua Interval Abby		Aqua Finish-it Friday Abby		
8:00 am	SS MOVE® Nicolle		Yoga for Healthy Aging Kathy		SS Circuit® Karen		Yoga for Healthy Aging Susan		SS Cardio® Karen		
8:30 am						TRX® Cynthia				Body Blast Nicolle	8:30-9:30 HIGH Fitness® Kaitlin
9:00 / 9:15 am	Tabata GX® Nicolle		Upbeat Barre Kaitlin		9:15 Indoor Cycling 45 Nicolle		Upbeat Barre Rotation		HIGH/Yo® Audrey		
9:30 am		Yoga Brooke				Yoga Susan					9:30-10:15 HIIT + Core Audrey
10:00 am	SS Classic® Abby				SS Classic® Abby				SS Classic® Abby		10:30 TRX® Cynthia
11:00 am	SS Circuit® Marci				SS MOVE® Marci						Sign up at front desk
4:30 pm	Muscle Pump Malena				Muscle Pump Malena						Not offered every Sat.
5:30 pm	HIIT Audrey		HIIT Darci			Interval Training Meg	HIIT Darci				
6:00 - 6:30 pm	6:00 Indoor Cycling 45 Meg		6:15 Barre Fusion Rickelle		6:30 Zumba® Belinda			6:30 Yoga Jenny			
7:00 - 7:30 pm	7:00 High Fitness® Audrey/Kaitlin			7:00 Power Hour Jeanene			7:30 High Fitness® Baylin				

**Child Care available!**

**Mornings:** Mon - Fri 8:15 AM- 12 PM.

**Evening:** Mon 4:15 PM-8 PM; Tues & Wed 4:15 PM- 7:30 PM (Tuesday PM by appointment only- 24 hour notice required)

**Cost:** \$3/hr; 17 (1-hr) passes for \$34 (\$2/hr); or Monthly Rates available.

### Elevate Class Descriptions

**Aquacise (60 min):** Every day expect something new from Circuit training to Interval training in the water working out to music using aquatic bar bells and pool noodles. This class is for all abilities & will improve aerobic endurance, muscular strength & core stability.

**Barre Fusion (60 min):** Fun class w/ basic barre techniques, weight & resistance training, core & Pilates type exercises to increase your strength & endurance.

**Body Blast! (60 min):** Blast your body w/ us in this cardio/strength interval training class. This class is always different utilizing multiple class formats from HIIT to occasional step aerobics to keep your body guessing!

**HBS (Heart, Body -n- Soul) Power Hour (60 min):** Heart pumping cardio, muscle sculpting & soul rejuvenation. This class utilizes a variety of cardio formats, resistance tools & always ends with a focus on mind/body connection.

**HIGH Fitness® (60 min):** Get a high caloric burn in this fun, hardcore fitness class incorporating interval training & easy to follow choreography to pop music that can be modified to meet individual needs in motivating and energetic atmosphere.

**HIGH /YO® (60 min):** HIGH: Zero equipment, aerobic/anaerobic full body workout set to fun Music! YO: Yoga inspired; music driven restorative stretching!

**HIIT (30-40 min):** High Intensity Interval Training alternates short periods of high intensity work followed by low intensity work using a variety of equipment.

**Indoor Cycling (45-60 min):** Raise your heart rate in this indoor cycling class that will challenge any fitness enthusiast.

**Interval Training (60 min):** Total body workout building strength & aerobic endurance using interval type sequence & a variety of exercise equipment.

**Muscle Pump (60 min):** Build strength utilizing a variety of exercise equipment & variations in intensity and resistance. Can be modified for intensity.

**SilverSneakers® (60 min):**

**8 AM Monday Boom Move It/Boom Muscle-** Burn calories & get your heart pumping in this high-intensity dance MOVE workout & Tone your muscles and build overall strength in MUSCLE. Don't worry about getting every step perfect, just have fun & improve your cardio, endurance, and strength.

**8 AM Wednesday 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.

**8 AM Friday Cardio-** Focus on building upper-body & core strength with added cardio endurance in this heart-healthy aerobics workout using low-impact movements. This class is primarily without a chair.

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

**11 AM Mon & Wed Circuit / Boom Move-** 45-50 minute class. See descriptions above.

**Strength Training (30-40 min):** Learn proper form, slow your movements to allow muscle growth over time & keep your body in good alignment.

**Tabata GX® (60 min):** Utilize multiple HIIT training protocols and timing strategies for variety and optimal success.

**Total Conditioning (60 min):** Try a variety of cardio moves & toning exercises using free weights & other fitness equipment to start your day!

**TRX® (30-40 min):** Total Body Workout using gravity & body weight to perform exercises to strengthen your core & increase muscular endurance.

**Upbeat Barre (60 min):** Combine Pilates, Yoga & Ballet movements to sculpt your body in this low impact, high intensity toning class. We will utilize fun music & repetitive movements that will burn out each muscle group for a fun and intense full body workout.

**Yoga (60 min):** Improve range of motion (balanced flexibility & strength), balance & mind-body integration, combine principles of Iyengar Yoga, Viniyoga & Vinyasa.

**Yoga for Healthy Aging (60 min):** Target your flexibility, range of motion, balance, & mind-body integration in this Yoga class.

**Zumba® (60 min):** 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.