



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE Winter 2017

January 1 – March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RIP (Nicole) 5:30am F1	Insanity (Jordan) 5:30am F1	RIP (Lexy) 5:30am F1	Insanity (Jordan) 5:30am F1	Pilates (Nicole) 5:30am F1	
REV (Janon) 6:00am F2	Cycle Circuit(Mary C) 6:00am F2	Cycling (Janon) 6:00am F2	Cycle Circuit(Janon) 6:00am F2	REV (Mary C) 6:00am F2	
	Transform (Sarah) 6:05am F1		Transform (Sarah) 6:05am F1		
					WAR (Nicole) 7:30am F1
					Cycle Circuit (Hayley) 7:30am F2
Deep Water (Teri) 8:30am POOL	Aquacise (Bobbie) 8:30am POOL	Deep Water (Kathie) 8:30am POOL	Aquacise (Teri) 8:30am POOL	Deep Water (Kathie) 8:30am POOL	RIP (Nicole) 8:30am F1
REV (Kim) 9:15am F2	RIP (Suzanne) 9:15am F1	REV (Kim) 9:15am F2	RIP (Suzanne) 9:15am F1	REV (Kim) 9:15am F2	
	Cycle Circuit (Hayley) 9:15am F2		Cycle Circuit (Hayley) 9:15am F2		
Barre Blend (Teri) 9:30am F1		Zumba (Brook) 9:30am F1		Barre Blend (Teri) 9:30am F1	Transform (Traci) 9:30am F1
Silver Sneakers(Kim) 10:30am F1	Yoga (Suzanne) 10:30am F1	Silver Sneakers(Kim) 10:30am F1	Yoga (Suzanne) 10:30am F1	Silver Sneakers(Kim) 10:30am F1	
H.I.I.T. (Teri) 11:30am F1	Guided Relaxation (Suzanne) 11:30am F1	H.I.I.T. (Teri) 11:30am F1	Barre Blend (Teri) 11:30pm F1	H.I.I.T. (Mary C) 11:30am F1	
RIP (Shelly) 12:15pm F1	PiYo (Crystal) 12:15pm F1	Butts & Guts (Janon) 12:15pm F1	PiYo (Crystal) 12:15pm F1	RIP (Shelly) 12:15pm F1	
	Cycle Circuit (Kelly) 12:15pm F2		Cycle Circuit (Mary) 12:15pm F2		SUNDAY Barre Blend 12:00pm
Active Older Adults 1:15pm F1					
H.I.I.T. (Rachel) 4:30pm F1	Insanity (Jordan L) 4:45pm F1	H.I.I.T. (Rachel) 4:30pm F1	Insanity (Crystal) 4:45pm F1		
Barre Blend (Janon) 5:30pm F1	Pilates (Nicole) 5:30pm F1	Barre Blend (Janon) 5:30pm F1	RIP (Linda) 5:45pm F1		
AquaZumba (MaryL) 5:30pm POOL	Aquacise (Mary) 5:30pm POOL	AquaZumba (MaryL) 5:30pm POOL	Aquacise (Crystal) 5:30pm POOL		
Mixed Fit (Sarah) 6:30pm F1	H.I.I.T. (Nicole) 6:00pm F1	RIP (Linda) 6:30pm F1	Seasonal Yoga Flow(Ilona) 6:30pm F1		

MIND/BODY

Yoga is designed to improve balance, strength, and flexibility. The YogaFit style reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension.

Guided Relaxation will be in Corpse Pose (Shavasana). Members will be instructed on how to do yoga breathing to help relax, moving on to a series of tightening and relaxing the muscles. Then move into a series of mental images.

Seasonal Yoga Flow - This hour long class includes Power Yoga with weights to compliment the seasons, emphasis on Breath work & Restorative brings you back to base line and gets you ready for the next day. This well-rounded practice for Body, Mind & Spirit includes fitness/workout and relaxation.

CARDIO

WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Lace up and be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function, and flexibility.

REV is a 60-minute cycling program tailor-made for anyone who can ride a bike. Ride over hills, sprint in the flats, break away from the peloton, and do interval training. Revolution matches proven riding principles and music to resistance levels, riding speeds and positions to maximize cardio training while having fun.

Cycling is an Aerobic/Anaerobic workout on a stationary bike designed for all fitness levels

Cycle Circuit is a circuit style workout focusing on building your cardio stamina through cycling with the addition of strength training.

Zumba® is a blend of hypnotic Latin rhythm and easy to follow moves to create a dynamic, fun-filled workout class.

Mixedfit® is a dance fitness program that is a mix of explosive dancing and bootcamp toning.

STRENGTH

RIP is a barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

Axis focuses on your foundation, your Core! Create stability from the Axis, the middle of your body. The basis of all movement, then layer on mobility, strength and power. Move like never before, beginning from the core and reach farther than you thought possible.

Transform unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.

COMBO

Insanity® Are you ready for the most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout? Insanity is based on Max Interval Training where you will be pushed to your maximum level of exertion for 3 minute intervals, separated by short 30 second periods of rest. Burn more calories in a short amount of time, build muscle, lose weight and get shredded! 30 minutes. You've got this!

H.I.I.T Circuit is a type of interval training class that combines short, intense intervals with long, slow intervals. This will help improve cardiovascular health and the ability for your muscles to burn fat faster!

Barre Blend is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and pilates, each class will focus on your core, buns, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

AQUA

Aquacise is a moderately high aerobics workout without traumatic impact to the joints. Develop increased muscular tone, and flexibility. No swimming experience required and perfect for active older adults.

AquaZumba™ Splash your way into shape with an invigorating low-impact aquatic exercise. The Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together.

Deep Water Workout is a high-intensity aerobic workout without stress to the joints. You must be comfortable in deep water. Flotation belts are used.

Senior Fitness

SilverSneakers® Classic includes a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Active Older Adults is designed to help adults with symptoms of Parkinson's disease reclaim their health.