



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

## GROUP EXERCISE SCHEDULE Spring 2017 April 1 – May 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RIP (Nicole) 5:30am <b>F1</b>	Insanity (Jordan) 5:30am <b>F1</b>	RIP (Lexy) 5:30am <b>F1</b>	Insanity (Jordan) 5:30am <b>F1</b>	Pilates (Nicole) 5:30am <b>F1</b>	
REV (Michelle) 6:00am <b>F2</b>	Cycle Circuit(Mary C) 6:00am <b>F2</b>	Cycling (Sarah) 6:00am <b>F2</b>	Cycle Circuit (Melissa) 6:00am <b>F2</b>	REV (Mary C) 6:00am <b>F2</b>	
	Transform (Sarah) 6:05am <b>F1</b>		Transform (Sarah) 6:05am <b>F1</b>		
					WAR (Nicole) 7:30am <b>F1</b>
					Cycle Circuit (Hayley) 7:30am <b>F2</b>
Deep Water (Teri) 8:30am <b>POOL</b>	Aquacise (Bobbie) 8:30am <b>POOL</b>	Deep Water (Kathie) 8:30am <b>POOL</b>	Aquacise (Teri) 8:30am <b>POOL</b>	Deep Water (Kathie) 8:30am <b>POOL</b>	RIP (Nicole) 8:30am <b>F1</b>
REV (Kim) 9:15am <b>F2</b>	RIP (Suzanne) 9:15am <b>F1</b>	REV (Kim) 9:15am <b>F2</b>	RIP (Suzanne) 9:15am <b>F1</b>	REV (Kim) 9:15am <b>F2</b>	
	Cycle Circuit (Hayley) 9:15am <b>F2</b>		Cycle Circuit (Hayley) 9:15am <b>F2</b>		
Barre Blend (Teri) 9:30am <b>F1</b>		Zumba (Brook) 9:30am <b>F1</b>		Barre Blend (Teri) 9:30am <b>F1</b>	Transform (Traci) 9:30am <b>F1</b>
Silver Sneakers(Kim) 10:30am <b>F1</b>	Yoga (Suzanne) 10:30am <b>F1</b>	Silver Sneakers(Kim) 10:30am <b>F1</b>	PeacefulYoga (Suzanne) 10:30am <b>F1</b>	Silver Sneakers(Kim) 10:30am <b>F1</b>	
H.I.I.T. (Teri) 11:30am <b>F1</b>	Guided Relaxation (Suzanne) 11:30am <b>F1</b>	H.I.I.T. (Teri) 11:30am <b>F1</b>	Barre Blend (Kelly) 11:30pm <b>F1</b>	H.I.I.T. (Mary C) 11:30am <b>F1</b>	
RIP (Shelly) 12:15pm <b>F1</b>		Butts & Guts(Melissa) 12:15pm <b>F1</b>		RIP (Shelly) 12:15pm <b>F1</b>	
	REV30 (Kelly) 12:15pm <b>F2</b>		REV30 (Janon) 12:15pm <b>F2</b>		<b>SUNDAY</b> Barre Blend 12:00pm
H.I.I.T. (Rachel) 4:30pm <b>F1</b>		H.I.I.T. (Rachel) 4:30pm <b>F1</b>			
	Insanity (Jordan L) 5:00pm <b>F1</b>				
Barre Blend (Janon) 5:30pm <b>F1</b>	RIP (Traci) 5:30pm <b>F1</b>	Barre Blend (Janon) 5:30pm <b>F1</b>	RIP (Linda) 5:30pm <b>F1</b>		
	Aquacise (Melissa) 5:30pm <b>POOL</b>		Aquacise (Michelle) 5:30pm <b>POOL</b>		
Mixed Fit (Sarah) 6:30pm <b>F1</b>		RIP (Linda) 6:30pm <b>F1</b>	Seasonal Yoga Flow(Ilona) 6:30pm <b>F1</b>		

## 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.

**REV30** a 30 minute version of the original cycling work out. Enjoy the hills, sprints and intervals in half the time!

**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.

**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.