



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

GROUP EXERCISE SCHEDULE Summer 2017

May 30 – September 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RIP (Nicole) 5:30am–6:30am F1	Insanity (Jordan) 5:30am–6:00am F1	RIP (Michelle) 5:30-6:30am F1	Insanity (Jordan) 5:30am–6:00am F1	Pilates (Nicole) 5:30am–6:30am F1	
Cycling (Michelle) 6:00am-6:45am F2	Cycle H.I.I.T.(Mary C) 6:00am-6:45am F2	Cycling (Sarah) 6:00am-6:45am F2	Cycle H.I.I.T. (Melissa) 6:00am-6:45am F2	Cycling (Mary C) 6:00am-6:45am F2	
	Transform (Sarah) 6:05am-7:05am F1		Transform (Sarah) 6:05am-7:05am F1		
					WAR (Nicole) 7:30am-8:30am F1
					Cycle Circuit (Hayley) 7:30am-8:30am F2
Deep Water (Kim) 8:30am-9:15am POOL		Deep Water (Kathie) 8:30am POOL		Deep Water (Kathie) 8:30am POOL	RIP (Nicole) 8:30am-9:30am F1
REV (Kim) 9:15am-10:00am F2	RIP (Suzanne) 9:15am-10:15am F1	REV (Kim) 9:15am-10:00am F2	RIP (Suzanne) 9:15am-10:15am F1	REV (Kim) 9:15am-10:00am F2	
	Cycle H.I.I.T. (Hayley) 9:15am-10:00am F2		Cycle H.I.I.T. (Hayley) 9:15am-10:00am F2		
Barre Blend (Teri) 9:30am-10:15am F1		REFIT(Brook) 9:30am-10:15am F1		Barre Blend (Teri) 9:30am-10:15am F1	
Silver Sneakers(Kim) 10:30am-11:15am F1	Yoga (Suzanne) 10:30am-11:30am F1	Silver Sneakers(Kim) 10:30am-11:15am F1	PeacefulYoga (Suzanne) 10:30am-11:30am F1	Silver Sneakers(Kim) 10:30am-11:15am F1	
20/20/20 (Teri) 11:30am-12:30pm F1	Guided Relaxation (Suzanne) 11:30am-12:00pm F1	20/20/20 (Melissa) 11:30am-12:30pm F1	Transform (Melissa) 11:30am-12:30pm	20/20/20 (Mary C) 11:30am-12:30pm F1	
	REV30 (Kelly) 12:15pm-12:54pm F2		REV30 (Lexy) 12:15pm-12:45pm F2		
H.I.I.T. (Rachel) 4:30pm-5:30pm F1		H.I.I.T. (Rachel) 4:30pm-5:30pm F1			
	Insanity (Jordan L) 5:00pm-5:30pm F1				
Barre Blend (Janon) 5:30pm-6:30pm F1	RIP (Traci) 5:30pm6:30pm F1	Barre Blend (Janon) 5:30pm-6:30pm F1	RIP (Linda) 5:30pm-6:30pm F1		
	Aquacise (Melissa) 5:30pm-6:15pm POOL		Aquacise (Michelle) 5:30pm-6:15pm POOL		
Mixed Fit (Sarah) 6:30pm-7:30pm F1			Seasonal Yoga Flow(Ilona) 6:30pm-7:30pm 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.

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

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.

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 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.

REFIT® is a fitness *community*. Our vision is to create a fitness experience that changes people from the inside out, and this vision is accomplished by focusing on the heart as a muscle AND a soul. People don't have to *get fit* in order to *be fit* at REFIT® –our workouts are designed for *every body* regardless of age, shape, size or ability.

20/20/20 is a combination class of 20 minutes cardio, 20 minutes strength and 20 minutes core/pilates. Come for the whole hour or just 20 minutes, either way, you will get a killer workout!

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.