



GROUP EXERCISE SCHEDULE FALL 2017

September 4 – December 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
H.I.I.T. (Nicole) 5:00am – 5:30am F1		H.I.I.T. (Michelle) 5:00am – 5:30am F1			
BarbellPump (Nicole) 5:30am–6:30am F1	Insanity (Jordan) 5:30am–6:00am F1	BarbellPump (Michelle) 5:30am–6:30am F1	Insanity (Jordan) 5:30am–6:00am F1	20/20/20(Nicole) 5:30am–6:30am F1	
Cycling (Michelle) 6:00am–6:45am F2	Cycle Circuit(Mary C) 6:00am–6:45am F2	Cycling (Lexy) 6:00am–6:45am F2	Cycle Circuit (Teri) 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		
					Kickboxing (Nicole) 7:30am–8:30am F1
					Cycling Circuit (Hayley) 7:30am–8:30am F2
Deep Water (Kim) 8:30am–9:15am	Aquacise (Ernie) 8:30am–9:15am	Deep Water (Kathie) 8:30am–9:15am	Aquacise (Julia) 8:30am–9:15am	Deep Water (Kathie) 8:30am–9:15am	BarbellPump (Nicole) 8:30am–9:30am F1
BarbellPump (Teri) 9:00am – 9:45am F1		BarbellPump (Carrie) 9:00am – 9:45am F1		BarbellPump(Janon) 9:00am – 9:45am F1	
Cycling (Kim) 9:15am–10:00am F2	Cycling Circuit (Hayley) 9:15am–10:00am F2	Cycling (Kim) 9:15am–10:00am F2	Cycling Circuit (Hayley) 9:15am–10:00am F2	Cycling (Kim) 9:15am–10:00am F2	Transform (Traci) 9:30am–10:30am
REFIT (Brook) 9:45am–10:30am F1	Barre Blend (Teri) 9:45am–10:30am F1	REFIT (Brook) 9:45am–10:30am F1	Barre Blend (Janon) 9:45am–10:30am F1	Barre Blend (Teri) 9:45am–10:30am F1	
Silver Sneakers(Kim) 10:30am–11:15am F1		Silver Sneakers(Kim) 10:30am–11:15am F1		Silver Sneakers(Kim) 10:30am–11:15am F1	
20/20/20 (Krista) 11:30am–12:30pm F1		20/20/20 (Julia) 11:30am–12:30pm F1		20/20/20 (Mary C) 11:30am–12:30pm F1	
	H.I.I.T. (Shelly) 12:15pm–1:00pm F1		H.I.I.T. (Shelly) 12:15pm–1:00pm F1		SUNDAY 12:15pm–1:15pm
	Cycling30 (Kelly) 12:15pm–12:45pm F2				SUNDAY Rotation Sep/Nov Barre Blend Oct/Dec 20/20/20
Circuit (Rachel) 4:30pm–5:25pm F1	Kickboxing (Ralph) 4:30pm–5:25pm F1	Circuit (Rachel) 4:30pm–5:25pm F1	Kickboxing(Ralph) 4:30pm–5:25pm F1		
Barre Blend (Janon) 5:30pm–6:25pm F1	BarbellPump (Linda) 5:30pm–6:30pm F1	Barre Blend (Janon) 5:30pm–6:pm F1	BarbellPump (Traci) 5:30pm–6:30pm F1		
AquaZumba (Linda) 5:30pm–6:15pm	Aquacise (Julia) 5:30pm–6:15pm	Aquacise (Jennifer) 5:30pm–6:15pm	Aquacise (Michelle) 5:30pm–6:15pm		
Mixed Fit (Sarah) 6:30pm–7:30pm F1	Transform (Melissa) 6:30pm–7:30pm F1	Mixed Fit (Catie) 6:30pm–7:30pm F1	Transform (Melissa) 6:30pm–7:30pm F1		

MIND/BODY

Transform is inspired by uniting two disciplines--yoga and sport, extracting from these practices to create an integrated and unique experience.

CARDIO

Insanity is a high-intensity workout combining cardio drills, athletic conditioning, and explosive moves to help you burn calories and improve your cardiovascular fitness. This workout requires no equipment.

Kickboxing combines elements of martial arts with athletic drills to create a fun, high-energy workout. This class will leave you feeling sweaty and stronger

Cycling Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

Cycling30 a 30 minute version of the original cycling work out. Enjoy the hills, sprints and intervals in half the time!

Cycle Circuit Traditional cycling class format broken up into intervals incorporating, strength and plyometric work off of the bike. Wear tennis shoes to accommodate all exercises.

MixedFit® uses current radio hits to inspire fun dance moves combined with boot camp style toning moves to create a great workout.

REFIT® This cardio dance structured class uses uplifting music to inspire participants to improve their cardiovascular health and burn calories.

STRENGTH

Barbell Pump is a high repetition, light weight strength training class. Each song within the class has a specific strengthening focus allowing participants to engage all major muscle groups in a 60-minute session.

COMBO

HIIT High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

20/20/20 20 minutes of cardio, weights, and abs/core each! This class increases your strength and metabolism by working all the major muscle groups using weights, tubing and balls. If you like to change up your workouts, try new things and be challenged, this is the class for you. This is a great strength and aerobic workout.

Barre Blend is a blend of Ballet, Yoga, Strength and Cardio routines 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.

Circuit combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

AQUA

AquaCise This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

Deep Water This moderate to high intensity aerobic workout takes place in the deep end of the pool. Participants should be comfortable in deep water. Flotation belts or noodles will be used.

Senior Fitness

SilverSneakers® Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.