

# Group Fitness Schedule

11/27/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45		<b>Group Strength</b> <MPR> L:3-4 Joanna		<b>Group Strength</b> <MPR> L:3-4 Joanna	<b>Pilates/Ab Lab</b> <MPR> L:2-3 Cathy G.	
6:00			<b>Sunrise Yoga</b> <MPR> L:2-4 Suzanne			
7:30	<b>Aquacise</b> <ID Pool> L:S Cathy H.		<b>Aquacise</b> <ID Pool> L:S Cathy H.		<b>Aquacise</b> <ID Pool> L:S Cathy H.	<b>Cycle &amp; Strength</b> <MPR> L:2-4 Kelly
8:00		<b>Aqua Aerobics</b> <ID Pool> L:S Tiffany S.	<b>Pilates Roller Release</b> <MPR> L:2-3 Becky	<b>Aqua Aerobics</b> <ID Pool> L:S Tiffany S.	<b>Cycle Express</b> <MPR> L:2-3 Becky	
8:00	<b>Step &amp; Strength</b> <MPR> L:1-3 Cheryl	<b>Step &amp; Strength</b> <MPR> L:1-3 Jennifer				
8:05	<b>Aqua Aerobics</b> <ID Pool> L:S Cathy G.		<b>Aqua Aerobics</b> <ID Pool> L:S Tiffany S.		<b>Aqua Aerobics</b> <ID Pool> L:S Cathy G.	
8:15				<b>Step &amp; Strength</b> <MPR> L:1-3 Tiffany S.		
8:30					<b>Yoga Flow</b> <MPR> L:2-3 Becky	
9:00	<b>Cycle</b> <MPR> L:2-3 Cathy G.	<b>Zumba</b> <MPR> L:2-4 Tiffany	<b>H.I.I.T.</b> <MPR> L:2-4 Becky	<b>Cycle</b> <MPR> L:2-4 Kelly	<b>Total Body Conditioning</b> <MPR> L:2-4 Summer	<b>Zumba</b> <MPR> L:2-4 Susanna
9:45	<b>Pilates Abs/Express</b> <MPR> L:2-4 Becky			<b>BarreFit Express</b> <MPR> L:2-4 Summer		
9:30						
10:00	<b>SilverSneakers® Classic</b> <W Gym> L:S Cathy H.	<b>Tai Chi</b> <MPR> L:SF+ John	<b>SilverSneakers® Classic</b> <W Gym> L:S Summer		<b>Line Dancing</b> E Gym L:S Tiffany	
10:05					<b>Zumba</b> <MPR> L:1-3 Jen	
10:15	<b>Rock Solid</b> <MPR> L:2-4 Summer		<b>Cycle/Strength</b> <MPR> L:2-4 Cathy G.	<b>Zumba (10:20)</b> <MPR> L:2-4 Tiffany		<b>Yoga Strength</b> <MPR> L:SF-2 Bill/Suzanne
11:00		<b>Basic Strength</b> <MPR> L:1-3 Becky			<b>Basic Strength</b> <MPR> L:1-3 Jen	
11:15	<b>Aqua Aerobics</b> <ID Pool> L:S Summer	<b>Aqua Aerobics</b> <ID Pool> L:S Cathy H.	<b>Aqua Aerobics</b> <ID Pool> L:S Tiffany S.	<b>Aqua Aerobics</b> <ID Pool> L:S Cathy H.	<b>Aqua Aerobics</b> <ID Pool> L:S Tiffany S.	
11:15	<b>BarreFit Basics</b> <MPR> L:2-4 Becky					
11:30				<b>Seated Tai Chi</b> <E Gym> L:S-1 John		
11:30				<b>Zumba Gold</b> <MPR> L:SF Tiffany	<b>SILVER&amp;FIT</b> <E Gym> L:S Summer	
12:00		<b>Seated Yoga/Pilates</b> E Gym L:S Becky				
1:00	<b>Low Impact/Strength</b> <MPR> L:SF-1 Tiffany S.	<b>SilverSneakers® Classic</b> <E Gym> L:S Tiffany S.	<b>Low Impact/Strength</b> <MPR> L:SF-1 Tiffany S.	<b>SilverSneakers® Classic</b> <E Gym> L:S Tiffany S.		
1:00				<b>Tai Chi</b> <MPR> L:S-1 John		<b>Sunday</b>
3:30	<b>Pilates</b> <MPR> L:1-3 Sherry		<b>Yoga</b> <MPR> L:1-3 Sherry		<b>Pilates</b> <MPR> L:1-3 Sherry	
4:00						<b>Restorative Yoga</b> <MPR> L:1-3 Peggy
5:15		<b>BarreFit</b> <MPR> L:2-4 Summer				
5:30	<b>Cycle</b> <MPR> L:2-3 Cathy G.		<b>Cycle</b> <MPR> L:2-3 Cathy G.	<b>Total Body Conditioning</b> <MPR> L:2-4 Cathy G.		
6:15		<b>Total Body Conditioning</b> <MPR> L:1-4 Cathy G.				
6:30	<b>Zumba</b> <MPR> L:1-3 Jen		<b>H.I.I.T.</b> <MPR> L:2-4 Kelly	<b>Yoga Flow</b> <MPR> L:1-3 Joanna		
7:30	<b>Yoga Strength</b> <MPR> L:1-3 Suzanne	<b>Pilates/Yoga</b> <MPR> L:1-3 Suzanne				



## Group Fitness - Class Descriptions

**Aquacise** - A shorter version of our Aqua Aerobic class. Cardio & strength in shallow water. (30 min)

**Aqua Aerobics** - This class is ideal for people concerned about damage to joints from weight-bearing exercise. The class includes warm-up, conditioning (legs and arms), aerobics, and stretching. All workouts are done in the shallow ends of the pool. (45 min)

**BarreFit** - This muscular endurance class combines the principles of yoga, Pilates, ballet, and strength into an incredible low impact, full body workout. (30-45 min)

**Basic Strength** - This is a class for anyone getting started with strength training or rehabilitating your body plus Senior Fit Level members. We will strengthen and tone the muscles as well as work on flexibility. Members should feel comfortable getting up and down from the floor to participate in this class. (60 min)

**Cycle** - Pace yourself using the +A13 Pilot II computer on each bike to increase leg strength, cardiovascular fitness and endurance. Pick up a bike ticket at the Front Desk and bring it with you to ensure a bike in class. **Bring a full water bottle and a towel**. Bike shoes with SPD clips are acceptable (please put them on after setting up your bike to protect the floor), and bike shorts can help to alleviate seat discomfort.

**BIKE PEDALS ARE NOT INTERCHANGEABLE!** (40-45 min)

**Cycle & Strength** - Alternate cardio using the cycle & resistance equipment in this fun circuit style class to strengthen & tone while increasing cardiovascular fitness. (60 min)

**Group Strength** - Learn proper form & technique to train & strengthen all muscles using free weights, tubing, gliders, Body Bar & Swiss ball. Increase your strength & endurance. (60 min)

**H.I.I.T** - (High Intensity Interval Training). Hard and fast cardio (Tabata drills) and strength training followed by intense power yoga and core training. (45 min)

**Low Impact/Strength** - An upbeat class designed for members looking for a moderate workout. It will help tone & strengthen your muscles, as well as, your heart & lungs. Warm-up and 20 minutes of Cardio are followed by a segment to strengthen your muscles and increase your flexibility. (45 min)

**Line Dancing** - Gain confidence learning basic dance steps and the process of linking the steps together. Have fun losing yourself in the music; whether to country music or anything in between. This class is a great way to get fit and have fun doing it. (45 min)

**Pilates Roller Release** - Strengthen & rejuvenate your body using our new soft foam rollers & small ball to release tension in the myofascia & strengthen the abdominal core. Learn proper technique to work your core with Pilates exercises. Pilates exercises incorporate strength, posture, and toning. Members will be using mats on the floor; shoes are optional. (45 min)

**Pilates/Yoga** - This is a class that combines the yoga poses and pilates exercises in a challenging format of flexibility and core strength. (60 min)

**Restorative Yoga** - This class will teach breathing techniques that aid sleep and lower blood pressure. Restorative Yoga will keep you resting in the poses for a longer period of time and includes restful yoga poses to increase flexibility and mobility. (60 min)

**Rock Solid** - This class is strength training with equipment and body weight. This class also incorporates a cardio component with short bursts of intense movements. (45 min)

**Seated Yoga/Pilates** - This class will focus on stretching, restorative breathing and core strengthening. A chair will be provided for seated and standing support. (45 min)

**Silver&Fit® Explore** - **SILVER&FIT® EXPLORE** class is for older adults who have no prior experience with exercise or exercise programs. The class is designed to increase the participants's flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. This is a seated circuit class offering aerobic and strength exercises. *Endorsed by Silver&Fit®* (30 min)

**SilverSneakers® Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. (45 min)


**Step & Strength** - This multi-intensity class includes the elements of a well-rounded workout: warm-up, aerobic phase, strengthening, and flexibility. Learn the basic movements and add intensity when you feel ready to progress. There is an overall emphasis on safety and technique. This is a great class for those just getting started as well as experienced steppers who want options in intensity. (45 min)

**Tai Chi** - This class will help to enhance well-being and increase core stability, balance and flexibility. Learn the basic forms of Yang Style Tai Chi Chuan to help unite the body and mind. (45 min)

**TBC Total Body Conditioning** - Powerful cardio moves along with muscle strengthening using free weights, tubing, gliders, Body Bar & Swiss ball. Increase your strength & cardio endurance. (50 min)

**Yoga** - Breath, stretching, strength, balance and relaxation. **Yoga Strength** adds resistance equipment for a more challenging workout. (60 min., 75 min. on Sat.) **Yoga Flow** moves in a gentle flow from one pose to another. (Thurs. 60 min-Fri. 30 min) **Restorative Yoga** will keep you resting in the poses for a longer period of time. (60 min)

**Zumba** - Fun, easy to follow Latin, Hip Hop, Belly Dancing & other energizing dance steps and music will have you burning off the calories. Your instructor will lead you through a variety of movements that utilize large and small muscle groups and increase heart rate and breathing. (60 min.) Friday 10:05 am is 45 minute express class.

**Zumba Gold** -  fun-filled, safe & easy to follow Latin dance program created for the active older adult & appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha and more are simplified & broken down to emphasize the basics while creating a total body workout that is motivational & fun. *Endorsed by Silver&Fit®* (45 min)