

Group Fitness Schedule

Group Fitness Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am						Cycle / Strength <MPR> L: 2 - 4 <i>Leta</i>
9:00	Cycle <MPR> L: 2 - 3 <i>Cathy G.</i>	STRONG Nation™ <MPR> L: 2-4 <i>Susana</i>	H.i.i.T <MPR> L: 2 - 4 <i>Tiffany A</i>	Cycle <MPR> L: 2 - 4 <i>Leta</i>	Total Body Conditioning <MPR> L: 2 - 4 <i>Cathy G.</i>	
9:30						Zumba <MPR> L: 2 - 4 <i>Susana</i>
10:00	Group Strength <MPR> L: 3 - 4 <i>Cathy G.</i>		Yoga Flow <MPR> L: 1 - 3 <i>Tiffany A.</i>	Pilates <MPR> L: 2 - 3 <i>Susana</i>	Zumba <MPR> L: 1-3 <i>Jen</i>	
10:00			SilverSneakers® Classic <W Gym> L: S <i>Cathy H.</i>			
10:15		Barre Express <MPR> L: 1 - 3 <i>Susana</i>				
10:30 - 11:45						Yoga Strength <MPR> L: SF - 2 <i>Bill / Suzanne</i>
11:00 - 12:00		Basic Strength <MPR> L: 1 - 3 <i>Tiffany A.</i>			Basic Strength <MPR> L: 1 - 3 <i>Jen</i>	
11:30					SILVER&FIT <small>EXPLORE</small> <E Gym> L: S <i>Becki N.</i>	
1:00	Low Impact / Strength <MPR> L: SF - 1 <i>Tiffany S.</i>		Low Impact / Strength <MPR> L: SF - 1 <i>Tiffany S.</i>			
5:30 - 6:15 pm	Zumba <MPR> L: 1 - 3 <i>Jen</i>	Total Body Conditioning <MPR> L: 2 - 4 <i>Cathy G.</i>	Cycle <MPR> L: 2 - 3 <i>Leta</i>	Total Body Conditioning <MPR> L: 2 - 4 <i>Cathy G.</i>		
6:30 - 7:30 pm	Yoga Strength <MPR> L: 1 - 3 <i>Suzanne</i>	Pilates / Yoga <MPR> L: 1 - 3 <i>Suzanne</i>		Yoga Flow <MPR> L: 1 - 3 <i>Joanna</i>		

Levels (L): 1= Beginner 2= Advanced Beginner 3= Intermediate 4= Advanced S= Senior Safe SF= SeniorFit Safe (LSAC 360-574-1991)

Locations: MPR= Multi-Purpose Room E Gym= East Gym W Gym= West Gym ID Pool= Indoor Pool OD Pool= Outdoor Pool

Group Fitness Class Descriptions

Barre Express - Experience the full-body workout inspired by the principles of ballet, yoga and pilates using only your body weight or light hand weights. It is a demanding low impact, full body, muscular endurance class that focuses on balance and strength. It is a great class for athletes looking to cross train (30 min).

Basic Strength - This session is 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 climbing the stairs and 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!** (45 min)

Group Strength - This session is a progression and advancement of Basic Strength. We continue to progress and build muscular strength and endurance with the use of equipment and body weight. (60 min)

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

Low Impact / Strength: A moderate upbeat 45-minute class. This class will help tone & strengthen the muscles, heart & lungs. A warm-up & 20 minutes low impact aerobics are followed by a strength & flexibility segment. This is **NOT** a seated chair class.

Pilates - 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. (60 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)

SILVER&FIT^{EXPLORE} This class is for older adults who have no prior experience with exercise or exercise programs. The class is designed to increase 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, and balls are offered for resistance. A chair is used for seated and/or standing support (45 min).

STRONG Nation™ - Using only your body weight, STRONG Nation™ will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. This is a demanding session that works your entire body (45 min).

TBC Total Body Conditioning - This multi-level class is a full-body workout designed to increase strength, mobility, stability, endurance and cardiovascular fitness and sporting performance. You will get a total body workout in this freestyle format class using weights, resistance bands and body weight exercises. (50 min)

Yoga - Breath, stretching, strength, balance and relaxation. **Yoga Strength** uses functional strength poses to help build enough strength to perform day to day activities (60 min; 75 min. on Sat.) **Yoga Flow** moves in a gentle flow from one pose to another (Wed. 45 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. (45 min.)