

# Group Fitness Schedule



|         | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|---------|---|--|--|--|---|--|
| 6:00am  | <b>STRONG</b><br><MPR> L: 2-4<br>Christina D              | <b>Early Riser Strength</b><br><MPR> L: 2 - 4<br>Jen T | <b>Cycle / Mobility</b><br><MPR> L: 2 - 3<br>Christina D | <b>Early Riser Strength</b><br><MPR> L: 2 - 4<br>Jen T |   |  |
| 8:00am  | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Jen T            | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Cathy H.      | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Cathy H.        | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Cathy H.      | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Jen T          |  |
| 8:15am  |   |  |  |  |   | <b>Cycle/Strength</b><br><MPR> L: 2 - 4<br>Christina |
| 9:00am  | <b>Cycle / Strength</b><br><MPR> L: 2 - 3<br>Becky        | <b>STRONG + Barre</b><br><MPR> L: 2-4<br>Susana        | <b>Pumped Up Strength!</b><br><MPR> L: 3-4<br>Summer     | <b>Cycle</b><br><MPR> L: 2 - 4<br>Jen T                | <b>Total Body (TBC)</b><br><MPR> L: 2 - 4<br>Summer     |  |
| 9:30am  | <b>SilverSneakers®</b><br><W Gym> L: S<br>Suzanne         |  |  |  |   | <b>Zumba</b><br><MPR> L: 2 - 4<br>Susana             |
| 10:00am |   | <b>Tai Chi</b><br><MPR> L: SF<br>Andrea                | <b>Yoga Flow</b><br><MPR> L: 1 - 3<br>Tiffany            | <b>Pilates</b><br><MPR> L: 2 - 3<br>Susana             | <b>Zumba</b><br><MPR> L: 1-3<br>Christina               |  |
| 10:00am |   |  | <b>SilverSneakers®</b><br><W Gym> L: S<br>Summer         |  | <b>Line Dancing</b><br><E Gym> L: SF-2<br>Tiffany A     |  |
| 10:30am |   |  |  |  |   | <b>Yoga Strength</b><br><MPR> L: SF - 2<br>Suzanne   |
| 11:00am | <b>Barre</b><br><MPR> L: 2 - 4<br>Jen T                   | <b>Basic Strength</b><br><MPR> L: 1 - 3<br>Tiffany     |  |  | <b>Basic Strength</b><br><MPR> L: 1 - 3<br>Christina    |  |
| 11:30am | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Summer           | <b>Aqua Aerobics</b><br><ID Poo> L:S<br>Cathy H.       | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Tiffany S       | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Cathy H.      | <b>Aqua Aerobics</b><br><ID Pool> L:S<br>Andrea         |  |
| 11:30am |   |  |  | <b>Seated Tai Chi</b><br><E Gym> L: S<br>Karla         | <b>Silver&amp;Fit Explore</b><br><E Gym> L: S<br>Summer | <b>Restorative Yoga</b><br><MPR> L: SF - 1<br>Peggy  |
| 11:30am |   |  |  | <b>Zumba Gold</b><br><MPR> L: SF - 1<br>Tiffany A      |   |  |
| 12:00pm |   | <b>Seated Yoga /Pilates</b><br>L: S <E Gym><br>Peggy   |  |  |   |  |
| 1:00pm  | <b>Low Impact / Strength</b> <MPR><br>L: SF - 1 Tiffany A |  | <b>Low Impact / Strength</b> <MPR><br>L: SF - 1 Jen T    | <b>Tai Chi</b><br><MPR> L: SF<br>Andrea                |   |  |
| 4:30pm  |   |  |  | <b>Line Dancing</b><br><MPR> L: SF - 2<br>Student Led  |   |  |
| 5:30pm  | <b>Zumba</b><br><MPR> L: 1 - 3<br>Lacey                   | <b>Total Body (TBC)</b><br><MPR> L: 2 - 4<br>Cathy G.  | <b>Barre</b><br><MPR> L: 2-4<br>Veronika                 | <b>Total Body (TBC)</b><br><MPR> L: 2 - 4<br>Cathy G.  |   |  |
| 6:30pm  | <b>Yoga Strength</b><br><MPR> L: 1 - 3<br>Suzanne         | <b>Pilates</b><br><MPR> L: 1 - 3<br>Suzanne            | <b>Zumba</b><br><MPR> L: 2 - 4<br>Veronika               | <b>Yoga Flow</b><br><MPR> L: 1 - 3<br>Joanna           |   |  |

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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

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| <b><u>Aqua Aerobics</u></b> - 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. <b>(45 min)</b>  |
| <b><u>Barre</u></b> - This muscular endurance class combines the principles of yoga, Pilates, ballet, and strength into an incredible low impact, full body workout. <b>(45 min)</b>   |
| <b><u>Basic Strength</u></b> - 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. <b>(45 min)</b>   |
| <b><u>Cycle</u></b> - 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. <b>Bring a full water bottle and a towel</b> . 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. <b>BIKE PEDALS ARE NOT INTERCHANGEABLE! (45 min)</b> |
| <b><u>Cycle &amp; Strength</u></b> - Alternate cardio using the cycle & resistance equipment in this fun circuit style class to strengthen & tone while increasing cardiovascular fitness. <b>(50 min)</b>   |
| <b><u>Pumped Up Strength!</u></b> - A revolutionary new approach to group resistance training design to challenge your body in new ways. Increase caloric expenditure, build stronger muscles, rev your metabolism, increase bone density and more, with Pumped Up Strength. <b>(45 min)</b>   |
| <b><u>Line Dancing</u></b> - 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. <b>(45 min)</b>   |
| <b><u>Low Impact / Strength</u></b> - 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 <b>NOT</b> a seated chair class. <b>(45 min)</b>  |
| <b><u>Pilates</u></b> - 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. <b>(45 min)</b>   |
| <b><u>Pilates / Yoga</u></b> - This is a class that combines the yoga poses and pilates exercises in a challenging format of flexibility and core strength. <b>(45 min)</b>  |
| <b><u>Seated Yoga/Pilates</u></b> - This class will focus on stretching, restorative breathing and core strengthening. A chair will be provided for seated and standing support. <b>(45 min)</b>   |
| <b><u>Silver&amp;Fit® Explore</u></b> - 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 <b>(30 min)</b>   |
| <b><u>SilverSneakers® CLASSIC</u></b> - 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. <b>(45 min)</b>  |
| <b><u>STRONG Nation™ + Barre</u></b> - This fusion class will offer both the STRONG Nation™ (30 min.) and Barre (20 mins) workouts. Using only your bodyweight, STRONG Nation it will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. The Barre portion will finish the workout with low impact, full body movements. <b>(50 min)</b>  |
| <b><u>Tai Chi</u></b> - 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. <b>(45 min)</b>  |
| <b><u>TBC Total Body Conditioning</u></b> - 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. <b>(50 min)</b>   |
| <b><u>Yoga</u></b> - Breath, stretching, strength, balance and relaxation. <b>Yoga Strength</b> uses functional strength poses to help build enough strength to perform day to day activities. <b>Yoga Flow</b> moves in a gentle flow from one pose to another. <b>Restorative Yoga</b> will keep you resting in the poses for a longer period of time.   |
| <b><u>Zumba</u></b> - 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. <b>(45 min)</b>  |
| <b><u>Zumba Gold</u></b> - A 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® <b>(45 min)</b>  |