

# Group Fitness Schedule



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

01-03-24

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

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

# Group Fitness Class Description

**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. **(45 min)**

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

**Cycle** - Pace yourself using a +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 a tarp set up your bike to protect the floor), and bike shorts can help to alleviate seat discomfort. **BIKE PEDALS ARE NOT INTERCHANGEABLE!** **(45 min)**

**Cycle & Strength** -Alternate cardio using the cycle & resistance equipment in this fun circuit style class to strengthen & tone while increasing cardiovascular fitness. **(50 min)**

**High Fitness** - Experience a modern twist on aerobics in a non-stop, high-energy, action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography and will become the cardio workout you never dread. The class alternates between cardio peaks and toning tracks, and some say it can leave participants feeling addicted. HIGH is easy to follow and a total blast! Adaptable to all levels of fitness, you can go high or you can go low, but you will always leave feeling HIGH. Class will end with some muscular endurance / core based moves for a total body workout. **(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** - Strengthen & rejuvenate your body using our new soft foam rollers and small ball to release tension in the myofascia and 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 floor; shoes are optional. **(45 min)**

**Pilates Mat Reformer** - The Pilates Mat Reformer class uses your own body to be the ultimate reformer. This class will focus on building functional strength, improving posture, enhancing coordination while using resistance bands / tubing, fitness balls, and foam rollers. Class will use a combination of floor and standing work. Participants may be barefoot, use socks or wear lightweight, flexible shoes. **(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. **(45 min)**

**Pumped Up Strength!** - A revolutionary new approach to group resistance training designed to challenge your body in new ways. Increase caloric expenditure, build stronger muscles, rev your metabolism, increase bone density and more. **(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** - 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 weights, elastic tubing, and balls offered for resistance. Chair is used for seated and/or standing support. **(45 min)**

**STRONG Nation™ + Barre** - 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. **(50 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** - This multilevel 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. **Yoga Flow** moves in a gentle flow from one pose to another. **Restorative Yoga** will keep you resting in poses for longer periods

**Zumba** -Fun, easy to follow Latin, Hip Hop, Belly Dancing and 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)**

**Zumba Gold** -A fun, 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)**