

Group Exercise Schedule

Everyone is welcome to attend any class

MONDAY

- 8:30 **ABSolution**
Holly T.
- 9:15 **Circuit Training**
Rachael
- 9:15 **Cycle**
Charlene
- 10:00 **Functional Fitness**
Rachael
- 10:00 **Slow Flow (Tai-Chi)**
(Loft)
Gerald
- 10:45 **Soulful Stretch**
Denise
- 11:15 **Silver Sneakers© Circuit**
Kim (Loft)
- 4:45p **Barre Above**
Patty
- 5:30p **Zumba***
Kimmy
- 5:45p **Cycle**
Patty
- 6:15p **Tri-Fusion**
Kimmy

TUESDAY

- 8:30 **Soulful Stretch**
Ellen
- 9:15 **Stride & Strength (Walking Track)**
Kim
- 9:15 **Body Sculpt**
Tamara
- 10:00 **Silver Sneakers© Classic (Loft)**
Rachael
- 10:00 **Line Aerobics**
Kimmi
- 4:45p **Soulful Stretch**
Denise
- 5:30p **Circuit Training**
Holly T./Kim
- 5:45p **HIIT Cycle**
Bruce
- 6:15p **Zumba***
Kimmy

WEDNESDAY

- 8:30 **Tri-Fusion**
Ellen
- 9:15 **Circuit Training**
Amy
- 10:00 **Functional Fitness**
Emily
- 9:15 **HIIT Cycle**
Tamara
- 10:00 **Silver Sneakers© Classic (Loft)**
Kim
- 10:45 **Soulful Stretch**
Denise

All classes are appropriate for all levels of fitness. Instructors teach several different options, or modifications, throughout class to accommodate beginners as well as challenge the more fit. Classes are for participants 10 and older. Ages 10 – 13 must have an adult present during the entire class. Proper athletic footwear is required. Classes are between 45 – 60 minutes long. Classes are in the Group Exercise room unless otherwise labeled "loft", "walking track" or "Court B". The loft is located upstairs by the walking track. An '*' indicates classes for women only.

THURSDAY

- 8:30 **Soulful Stretch**
Denise
- 9:15 **Stride & Strength (Walking Track)**
Tamara
- 9:15 **REFIT***
Kendra
- 9:15 **Weighted Cycle**
Charlene
- 10:00 **Silver Sneakers© Classic (Loft)**
Rachael
- 10:00 **Soulful Stretch**
Heather
- 11:15 **Silver Sneakers© Chair Stretch(Loft)**
Tabi
- 4:45p **Tri-Fusion**
Patty
- 5:30p **Circuit Training**
Emily/Patty
- 5:45p **HIIT Cycle**
Bruce
- 6:15p **Zumba***
Dawn

FRIDAY

- 8:30 **Functional Fitness**
Holly T.
- 9:15 **REFIT***
Kendra
- 9:15 **Bootcamp**
Rachael (Court B)
- 10:00 **Silver Sneakers© Circuit**
Tamara (Loft)
- 10:15 **Soulful Stretch**
Holly O.
- 4:45p **Soulful Stretch**
Kimmy
- 5:30p **Zumba***
Kimmy

SATURDAY

- 8:30 **HIIT Cycle**
Bruce/Patty/Suzanne
- 9:15 **Circuit Training**
Emily/Patty
- 10:00 **Zumba***
Dawn/Kendra



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Class Descriptions

Group Exercise

ABSolution: This class provides a workout without the impact or stress on your joints. Class is mostly mat based with an emphasis on core training.

Barre Above: One of the hottest trends to work the entire body in this low impact workout that incorporates elements of Ballet and Pilates using a ballet bar (or chair), mats, bands, etc. for muscle endurance for a longer leaner body.

Body Sculpt: This class targets 7 major areas of the body in the most effective way using the Body Sport Pump Bar, dumbbells, bands, balls, gliders, etc.. There is NO cardio & NO impact and can be modified to your fitness level. 7 targeted areas are: Lower body, Chest, Back, Triceps, Biceps, Shoulders and Core.

Circuit Training: A class designed to increase endurance, muscular strength, coordination, core strength and flexibility. Class varies each week and can easily be adjusted to all fitness levels.

Functional Fitness: Class perform tasks in training that replicate the movements found in life; improve muscle and core strength while increasing your heart rate.

Line Aerobics: In this class you can learn to move to a variety of music while utilizing low impact movement in a relaxed and encouraging atmosphere.

REFIT® : Is a cardio dance program that engages the whole person: body, mind and soul; it is easy to learn with inspiring music.

Soulful Stretch: Stretching poses are held to increase flexibility, build strength, improve posture with an emphasis on breath. Class is done on a mat.

Stride & Strength: A unique class using the walking track and strength exercises. Class averages a mile walk intermixed with strength and flexibility exercises. All exercises are done standing or seated. This class is great for beginner and intermediate walkers.

Slow Flow (Tai Chi): A gentle class that focuses on breath, balance and strength flowing through a sequence of exercises.

Bootcamp: A fun, motivating, highly exhilarating style training program including cardio, agility, core & strength training.

Tri-Fusion: This class is composed of three parts to help improve overall balance, flexibility and muscle endurance. Ballet for toning and posture improvement, Pilates for core strength and stretching for flexibility training. It is a fun fluid class appropriate for all levels.

Zumba: The newest Latin-based workout. Easy to follow choreography to energetic upbeat Latin and Christian music. A real cardio and spirit booster.

Indoor Cycle

Cycle: Classes are 45 minutes long, done on stationary bikes where the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class great for all levels.

HIIT Cycle: A 30-minute High-Intensity Interval Training (HIIT) workout to achieve fast results. The short duration of the workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort.

Weighted Cycle: A 45 minute long class, done on a stationary bike, together you will travel on flat roads, climb hills and sprint with alternating off the bike to use weights for strengthen exercises.

SilverSneakers®

Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

Chair Stretch: Move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.