

# Group Exercise Schedule

## MONDAY

- 8:30 ABSolution**  
Holly O.
- 9:15 Total Body**  
Emily
- 9:15 45 minute Cycle**  
Charlene
- 10:00 Functional Fitness**  
Rachael
- 10:00 Slow Flow (Tai Chi)**  
(Loft) Peter
- 10:45 Soulful Stretch**  
Renee
- 11:15 Silver Sneakers® Circuit**  
Kim (Loft)
- 4:45p Barre Above**  
Patty
- 5:30p Zumba\***  
Kimmy
- 5:45p 30 minute 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
- 5:30p Total Body**  
Holly T. /Melissa
- 5:45p 30 minute Cycle**  
Patty
- 6:15p Zumba\***  
Kimmy

## WEDNESDAY

- 8:30 Soulful Stretch**  
Renee
- 9:15 Total Body**  
Kim
- 10:00 Functional Fitness**  
Emily
- 9:15 30 minute Cycle**  
Suzanne
- 10:00 Silver Sneakers® Classic** (Loft)  
Kim
- 10:45 Soulful Stretch**  
Holly O.

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**  
Ellen
- 9:15 Stride & Strength**  
(Walking Track)  
Tamara
- 9:15 Total Body**  
Melissa
- 9:15 45 minute**  
**Sculpted Cycle**  
Charlene
- 10:00 Silver Sneakers® Classic** (Loft)  
Rachael
- 10:00 Soulful Stretch**  
Tabi
- 11:15 Silver Sneakers® Chair Stretch** (Loft)  
Tabi
- 5:30p Total Body**  
Emily /Holly T.
- 5:45p 45 minute**  
**Sculpted Cycle**  
Melissa
- 6:15p Zumba\***  
Dawn

## FRIDAY

- 8:30 Functional Fitness**  
Kendra
- 9:15 REFIT\***  
Kendra
- 9:15 Bootcamp**  
Melissa (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 30 minute Cycle**  
Melissa/Patty/Suzanne
- 9:15 Total Body**  
Emily/Patty
- 10:00 Zumba\***  
Dawn/Kendra



# Class Descriptions

**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:** 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 and strengthens 7 major areas of the body in the most effective way. There is NO cardio & NO impact and can be modified to your fitness level.

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

**Total Body:** A class designed to alternate cardio and strength training. The 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.

**Line Aerobics:** In this class you can learn to move to a variety of music while utilizing low impact movement.

**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 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 beginners.

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

**Tri-Fusion:** This class is composed of three parts to help improve overall balance, flexibility and muscle endurance. It is a fun fluid class appropriate for all levels.

**Zumba:** A 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 30 or 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. Sculpted cycle is alternating cardio on the bike and then off the bike doing strength exercises with weights or bands.

## 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.