

Group Exercise Schedule

Updated: November 18th, 2021

MONDAY

- 9:15 Total Body**
Tamara
- 9:15 45 minute Cycle**
Charlene
- 10:00 Functional Fitness**
Tamara
- 10:00 Slow Flow (Tai Chi)**
Peter (Loft)
- 10:45 Soulful Stretch**
Renee H.
- 11:15 Silver Sneakers® Circuit**
Kim (Loft)
- 5:30p Zumba***
Kimmy
- 6:15p Core & More**
Kimmy

TUESDAY

- 8:30 Soulful Stretch**
Renee H.
- 9:15 Walk this Weigh (Loft)**
Kim
- 9:15 REFIT***
Amy
- 10:00 Silver Sneakers® Classic (Loft)**
Tamara
- 10:00 Balance & Tone**
Kim
- 5:30p Total Body**
Holly T.
- 6:15p Zumba***
Dawn

WEDNESDAY

- 8:30 Soulful Stretch**
Renee H.
- 9:15 Core & More**
Kim
- 10:00 Silver Sneakers® Classic (Loft)**
Toni
- 11:00 Soulful Stretch**
Toni

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 45 minutes long. Classes are in the Group Exercise room unless otherwise labeled (loft). The loft is located upstairs by the walking track. An “*” indicates classes for women only.

THURSDAY

- 8:30 Soulful Stretch**
Renee H.
- 9:15 Walk this Weigh (Loft)**
Tamara
- 9:15 45 minute Sculpted Cycle**
Charlene
- 10:00 Silver Sneakers® Classic (Loft)**
Tamara
- 10:00 Soulful Stretch**
Tabi
- 11:00 Silver Sneakers® Chair Stretch (Loft)**
Tabi

- 5:30p Total Body**
Holly T.
- 6:15p Zumba***
Dawn

FRIDAY

- 9:15 REFIT***
Kendra
- 10:00 Silver Sneakers® Circuit**
Tamara (Loft)
- 10:15 Soulful Stretch**
Toni

SATURDAY

- 9:15 Total Body**
Patty
- 10:00 Zumba***
Dawn/Tanika



Class Descriptions

Balance & Tone: Class is designed to improve strength, balance and range of motion while using light weights

Core and More: A little bit of cardio then concentrate on abs and lower back strengthening.

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

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

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

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

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

Walk this Weigh: A class using the walking track which averages a mile walk intermixed with strength and flexibility exercises. This class is great for beginners.

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.