

Group Exercise Schedule

May 9, 2022

MONDAY

- 9:15 **Shape Up**
Kendra
- 9:15 **Cycle**
Charlene
- 10:00 **Function First**
Rachael
- 10:00 **Slow Flow (Tai Chi)**
(Loft) Peter
- 10:45 **Strike a Pose**
Renee H.
- 11:15 **Silver Sneakers® Circuit**
Kim (Loft)
- 5:30p **Zumba***
Kimmy
- 6:15p **Body Balance**
Kimmy

TUESDAY

- 8:30 **Strike a Pose**
Renee H.
- 9:15 **Walk this Weigh (Loft)**
Kim
- 9:15 **REFIT***
Heidi
- 10:00 **Silver Sneakers® Classic (Loft)**
Tamara
- 10:00 **Body Balance**
Kim
- 5:30p **Step it Up**
Holly T.
- 6:15p **Zumba***
Dawn

WEDNESDAY

- 8:30 **Strike a Pose**
Renee H.
- 9:15 **Shape Up**
Kim
- 10:00 **Silver Sneakers® Classic (Loft)**
Toni
- 11:00 **Strike a Pose**
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 **Strike a Pose**
Renee H.
- 9:15 **Walk this Weigh (Loft)**
Tamara
- 9:15 **Sculpted Cycle**
Charlene
- 10:00 **Silver Sneakers® Classic (Loft)**
Sasha
- 10:00 **Strike a Pose**
Tabi
- 11:00 **Silver Sneakers® Chair Stretch (Loft)**
Tabi
- 5:30p **Fitness Fusion**
Holly T.
- 6:15p **Zumba***
Dawn

FRIDAY

- 9:15 **REFIT***
Kendra
- 10:00 **Silver Sneakers® Circuit**
Tamara (Loft)
- 10:15 **Strike a Pose**
Toni

SATURDAY

- 9:15 **Shape Up**
Rotating Instructors
- 10:00 **Zumba***
Dawn/Nikki



Class Descriptions

Body Balance: Class is designed to improve strength, balance and range of motion while using light weights, or body weight. Class is a mix of standing and mat work.

Fitness Fusion: Alternate cardio and strength in a variety of ways. This class uses aerobics, walking, stairs or basic cardio moves mixed with body weight, dumbbells, or barbells for strength training. Class can be modified for all fitness levels.

Function First: Class performs tasks in training that replicate the movements found in life; improve muscle and core strength. Class includes standing and mat work

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

Shape Up: A mix of cardio and strength interval or circuits. This class varies each week and can be adjusted for all fitness levels. Class includes standing and mat work.

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

Step it Up : 20 minutes of cardio on the step and 20 minutes of sculpt.

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

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 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: Alternating cardio on the bike and then off the bike doing strength exercises with weights or bands.

Cycle Plus: Start on the bike for a 30 minute cardio workout and end with a variety of strength, stretching or a myofascial release (a self massage). Last portion of class will vary each week. (Coming 6/21/2022)

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.