

Group Exercise Schedule

January 2, 2024

MONDAY

9:00 **Total Body Blast**
(Court A) Rachael

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

5:30p **Body Balance**
Patty

6:15p **Step it Up**
Holly T.

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 N.

9:15 **Walk this Weigh**
(Loft)
Tamara

9:15 **Sculpted Cycle**
Charlene

10:00 **Silver Sneakers®
Classic (Loft)**
Rachael

11:00 **Chair Stretch (Loft)**
Holly O./Sue

5:30p **Body Sculpt**
Holly T.

6:15p **Zumba®***
Dawn

FRIDAY

9:15 **REFIT®***
Heidi

10:00 **Silver Sneakers®
Circuit**
Tamara (Loft)

10:15 **Strike a Pose**
Toni

SATURDAY

10:00 **Zumba®*/ Refit®***
Dawn/Kendra



Class Descriptions

Body Balance: Total body toning and strength class using a mixed formats. Will include standing and mat based work. And may also include relaxation techniques.

Body Sculpt: You will use a variety of equipment during this 45 minute strength class. Get ready to challenge your strength and endurance during this total body sculpting class.

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 a final relaxation will promote stress reduction and mental clarity.

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 energetic inspiring upbeat music.

Shape Up: A mix of cardio and strength intervals 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 : A fun choreographed cardio class. Step up, down and all around for a cardio challenge, then challenge your core for a full body workout.

Strike a Pose: Move through a complete series of standing and mat based yoga poses held to increase flexibility, balance, build strength, improve posture, and range of movement. Restorative breathing and final relaxation conclude this class. Class is done on a mat.

Total Body Blast: Challenge your cardio, strength and endurance during this fast-paced fun workout. Movements can be modified so all levels can enjoy challenging their bodies. Must be able to get up and down off the floor for this class.

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.

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.