

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



IN PERSON SCHEDULE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	CYCLE Jane 5:45 am GENTLE YOGA Melissa 8:00 am **ACTIVITY CENTER	CARDIO/STRENGTH OR BARRE Scotti or Jill 8:00 am **STUDIO 2	CYCLE Suzi 8:15 am POWER YOGA Melissa 9:00 am **ACTIVITY CENTER CARDIO DANCE Sue B 9:30 am	STEP & SCULPT Mary 8:00 am CYCLE Jen 9:30 am SENIOR STRONG Katie 9:30 am **ACTIVITY CENTER	CYCLE Jen 5:45 am YOGA Aubrey 9:00 am **ACTIVITY CENTER CARDIO/LIFT Suzi 9:30 am	CORE & MORE Jen 7:00 am CYCLE Suzi 8:00 am YOGA Terry 8:30 am **ACTIVITY CENTER ZUMBA Laura T. 9:30 am LIFT Suzi 10:00 am	CYCLE Scotti 8:00 am
	LIFT Suzi 9:30 am	CORE & MORE Jen 9:30 am SENIOR STRONG Katie 9:30 am **ACTIVITY CENTER	POUND Laura T. 5:30 pm CARDIO/STRENGTH OR BARRE Jill or Scotti 6:00 PM **STUDIO 2	CYCLE Scotti 5:30 pm	LIFT Terri 5:30 pm		
	CYCLE Dave 5:30 pm	R.I.P.P.E.D Laura B 5:00 pm					

****TEMPORARILY:** Jill and Scotti will be covering the Tuesday and Wednesday Barre classes. The format will be a Cardio/Strength with Scotti or a Barre with Jill.

KEY:

FACEBOOK LIVE CLASS
IN PERSON CLASS
IN PERSON/STREAMING
PAID CLASS

CLASS DESCRIPTIONS

BARRE: Barre is a high-intensity barre workout that blends strength training with ballet-inspired movement. Designed to fatigue each muscle through targeted small-range movements. This class will effectively produce an exquisitely sculpted & lean body. Prepare to work on balance, shape your arms, contour your thighs, lift your seat and flatten your abs from a variety of positions with a mix of evolving & innovative choreography.

CARDIO DANCE: A fun way to enjoy exercise! Learn routines to all types of music including: top 40, oldies, disco, country and line dances too. No dance experience necessary

CARDIO/LIFT: A strength class using weights and/or body weight exercises to improve your overall strength and muscle endurance with some fun cardio mixed in to get your heart pumping!

CORE & MORE: Exercises to improve your core strength and stability.

GROUP CYCLE: A high energy spinning class taught on a stationary bike targeting heart rate zone training, lower body strength, endurance and lots of sweat. Abs are included in Group Cycle & Abs.

LIFT: A class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

POUND@: The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

POWER YOGA: Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building **strength** and endurance. It is also an excellent form of yoga for burning calories.

REBOUNDING: This is a motivating class on a mini trampoline that will torch calories, boost your balance, build endurance, improve reaction time and strengthen your core. Super fun! **(FEE BASED)**

R.I.P.P.E.D@: A total body workout, utilizing resistance and cardio training, which includes endurance, interval, and plyometric exercises.

SENIOR STRONG: A mix of strength and cardio exercises to keep your heart healthy and your muscles strong. You'll improve balance, muscle tone and endurance.

STEP & SCULPT: Step up your workout with a step and sculpt class. The class will start with easy-to-learn step combos that will keep you moving and finish with strengthening exercises for an all-inclusive

YOGA & GENTLE YOGA: A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

ZUMBA – Zumba@ is a fitness program inspired by Latin dance. Zumba@ consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.