



GROUP EXERCISE SCHEDULE

IN PERSON SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CYCLE Jane 5:45 am GENTLE YOGA Melissa 8:00am ACTIVITYCENTER LIFT Suzi 9:30 am CYCLE Dave 5:30 pm	 CORE & MORE Jen 9:30 am SENIOR STRONG Katie 9:30 am ACTIVITY CENTER CARDIO/LIFT Scotti 5:30 PM	POWER YOGA Melissa 8:00 am ACTIVITY CENTER CARDIO DANCE Sue B 9:30 am ACTIVITY CENTER CYCLE Suzi 10:00 am POUND Laura T. 5:30 pm BARRE Diana 6:00 PM **STUDIO 2	 STEP & SCULPT Mary 8:00 am CYCLE Jen 9:30 am SENIOR STRONG Sue B 9:30 am ACTIVITY CEN- TER CYCLE Diana 5:30 pm	CYCLE Jen 5:45 am YOGA Aubrey 9:00 am ACTIVITY CENTER CARDIO/LIFT Suzi 9:30 am LIFT Terri 5:30 pm	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 YOGA Rebecca 9:30 am ACTIVITY CENTER

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.