

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL  
Rev 1.15.2022

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				CYCLE Jen 5:45 am	CORE & MORE Jen 7:00 am	
GENTLE YOGA Melissa 8:00am ACTIVITYCENTER	CORE & MORE Jen 9:30 am	POWER YOGA Melissa 8:00 am ACTIVITY CENTER			CYCLE Suzi 8:00 am	CYCLE Scotti 8:00 am
LIFT Suzi 9:30 am	SENIOR STRONG Katie 9:30 am ACTIVITY CENTER	CARDIO DANCE Sue B 9:30 am ACTIVITY CENTER	CYCLE Jen 9:30 am	YOGA Aubrey 9:00 am ACTIVITY CENTER	YOGA Terry 8:30 am ACTIVITY CENTER	YOGA Rebecca 9:30 am
		CYCLE Suzi 10:00 am	SENIOR STRONG Sue B 9:30 am ACTIVITY CENTER	CARDIO/LIFT Suzi 9:30 am	ZUMBA Laura T. 9:30 am	
					LIFT Suzi 10:00 am	
		POUND Laura T. 5:30 pm				
CYCLE Dave 5:30 pm	CARDIO/LIFT Scotti 5:30 PM	BARRE Diana	CYCLE Diana 5:30 pm	LIFT Terri 5:30 pm		

## 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.