



GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interval Training 5:40-6:30 AM Marianne Studio A	Group Cycling 6:00-6:30 AM Carol Studio B	Interval Training 5:40-6:30 AM Michelle B. Studio A	Group Cycling 6:00-6:30 AM Carol Studio B	Interval Training 5:40-6:30 AM Michelle B./Julia Studio A	Group Cycling 8:00-8:45 AM Michelle W. Studio B
Zoom Dance 9:00-9:30 AM Becky Studio A	Circuit Training/ Tabata 8:30-9:30 AM Andrew Studio A	Group Cycling 8:00-8:45 AM Julia Studio B	Interval Training 8:30-9:30 AM Julia Studio A	Interval Training 8:30-9:30 AM Alyssa Studio B	Cardio Drumming 8:50-9:10 AM Michelle W. Studio A
Silver&Fit. 9:45-10:45 AM Becky Gymnasium	Silver&Fit. 9:45-10:45 AM Cathy Gymnasium	Core & More 9:00-9:30 AM Julia Studio B	Ageless Fitness 9:45-10:45 AM Julia Studio A	Zoom Dance 8:30-9:30 AM Becky Studio A	HIIT 9:15-10:15 AM Amy Studio A
Pilates – All Levels 11:00-12:00 PM Becky Studio A	Shallow Water X 11:00-12:00 PM Karen Pool	Zoom Dance 9:00-9:30 AM Becky Studio A	Shallow Water X 11:00-12:00 PM Karen Pool	Pilates – All Levels 9:45-10:45 AM Nancy Studio A	Moving Meditation 9:30-10:30 AM Nancy Studio B
Water X 11:00-12:00 PM Diane Pool	Moving Meditation 11:00-11:45 AM Nancy Studio A	Silver&Fit. 9:45-10:45 AM Becky Gymnasium	Moving Meditation 11:00-11:45 AM Nancy Studio A	Water X 11:00-12:00 PM Diane/Karen Pool	ZUMBA® 10:30-11:30 AM Heidi Studio A
Burn Bootcamp 5:00-5:45 PM Brianna Studio A	Cardio Drumming 12:00-12:30 PM Michelle W. Studio A	Water X 11:00-12:00 PM Diane Pool	Total Body Burn 5:00-6:00 PM Kate Studio A	Hip Hop Dance 6:00-6:45 PM Yasmeen Studio A	
CycleX 5:15-6:00 PM Wendy Studio B	Group Cycling 4:00-4:45 PM Marianne Studio B	Step Interval 4:00-4:45 PM Marianne Studio A	Vinyasa Yoga 5:30-6:30 PM Kenneth Studio B		
Pilates – All Levels 6:00-7:00 PM Lori Studio A	Total Body Burn 5:00-6:00 PM Kate Studio A	Abs Class 4:45-5:00 PM Amy Studio B	ZUMBA® 6:30-7:30 PM Heidi Studio A		
Hip Hop Dance 7:15-8:00 PM Yasmeen Studio A	Lift & Cycle 5:45-6:30 PM Kelli Studio B	Group Cycling 5:00-5:45 PM Amy Studio B	Water X 7:00-8:00 PM Lori Pool		
	Dance Fusion 6:30-7:30 PM Liz Studio A	Burn Bootcamp 5:00-5:45 PM Brianna Studio A			
	Water X 7:00-8:00 PM Lori Pool	Pilates – All Levels 6:00-7:00 PM Lori Studio A			

Class Descriptions

Cardio

ZUMBA®: A fusion of Latin and International music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way!

ZOOM DANCE: A fusion of music themes that create an effective fitness workout. Instructors modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy lifestyle.

DANCE FUSION/HIP HOP DANCE: A fun and energetic, dance fitness workout. Instructor led dance routines designed to burn calories, tone muscles and boost cardiovascular endurance!

GROUP CYCLING: An instructor led workout on specialty stationery bikes. This high energy class is low impact; you control the intensity of each class by modifying resistance and body positions.

CYCLEX/LIFT & CYCLE: Not your typical cycling class! During this instructor led workout on stationary bikes you will also incorporate light weights and other movements to maximize your cardio workout.

CARDIO DRUMMING: Cardio drumming is a new and growing fitness trend that uses drum sticks and stability balls; it combines creativity and fitness to give you an exciting aerobic workout. This can be done standing or seated which makes this a fun class for everyone!

Interval

INTERVAL TRAINING: Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design. (Elements of Abs, Cycling and Barre may be added)

STEP INTERVAL: Not your average step class! Step interval combines stepping with light resistance training to give you an exciting workout that you'll be sure to enjoy!

Mind/Body

PILATES – ALL LEVELS: This class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. The class is taught on a mat.

VINYASA YOGA: The primary focus is to achieve relaxation through a series of poses and breathing techniques. Whether you are a beginner, more advanced Yogi, or somewhere in between, you will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and destressed soul.

MOVING MEDITATION: Combining Tai Chi, light weights, and mediation techniques you'll be sure to find your inner strength and peace after this 45-minute class!

Strength

HIIT (High Intensity Interval Training): A class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may not have tried or seen before! HIIT is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

SILVER & FIT EXPERIENCE: The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength & cardiovascular endurance.

TOTAL BODY BURN/BURN BOOTCAMP: This class targets both strength and cardio. Workouts designed to build muscle while also incorporating cardio through various methods such as cycling, running, rowing, tabata and more.

ABS CLASS: A fun packed 30 mins designed to tone, build and strengthen the abdominal muscles.

AGELESS FITNESS: Multi-level exercises that includes a variety of exercises and equipment. Friendly atmosphere appropriate for every level of fitness. Ideal warm up before and stretching at the end of each class.

CIRCUIT TRAINING/TABATA: Tabata and circuit training are a type of training that involves rotating between several exercises that target different muscle groups with minimal rest in between. It's ideal for those looking for a quick, effective, full-body workout.

CORE & MORE: During this 30 minute class you will use a variety of equipment such as yoga balls, dumbbells and medicine balls while targeting the abdominal muscles. Appropriate for all ages and skill levels!

Aquatics

WATER X: Make a Splash with low impact but high energy water exercise class. Let the instructor lead you through exercises utilizing the resistance of the water.

SHALLOW WATER X: This class packs a punch without ever leaving the shallow end of the pool. Let the water ease the pressure on your joints while still receiving a full workout.