



# GROUP EXERCISE SCHEDULE

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Interval Training</b> 5:40-6:30 AM Marianne Studio A	<b>Group Cycling</b> 6:00-6:30 AM Carol Studio B	<b>Interval Training</b> 5:40-6:30 AM Michelle B. Studio A	<b>Group Cycling</b> 6:00-6:30 AM Carol Studio B	<b>Interval Training</b> 5:40-6:30 AM Michelle B./Julia Studio A	<b>Group Cycling</b> 8:00-8:45 AM Michelle W. Studio B
<b>Zoom Dance</b> 9:00-9:30 AM Becky Studio A	<b>Circuit Training/ Tabata</b> 8:30-9:30 AM Holli Studio A	<b>Group Cycling</b> 8:00-8:45 AM Julia Studio B	<b>Interval Training</b> 8:30-9:30 AM Julia Studio A	<b>Interval Training</b> 8:30-9:30 AM Alyssa Studio B	<b>Cardio Drumming</b> 8:50-9:10 AM Michelle W. Studio A
 9:45-10:45 AM Becky Gymnasium	<b>ZUMBA Gold®</b> 9:00-9:30 AM Cathy Gymnasium	<b>Core &amp; More</b> 9:00-9:30 AM Julia Studio B	<b>Ageless Fitness</b> 9:45-10:45 AM Julia Studio A	<b>Zoom Dance</b> 8:30-9:30 AM Becky Studio A	<b>HIIT</b> 9:15-10:15 AM Amy Studio A
<b>Pilates – All Levels</b> 11:00-12:00 PM Becky Studio A	 9:45-10:45 AM Cathy Gymnasium	<b>Zoom Dance</b> 9:00-9:30 AM Becky Studio A	<b>Shallow Water X</b> 11:00-12:00 PM Karen Pool	<b>Pilates – All Levels</b> 9:45-10:45 AM Nancy Studio A	<b>Moving Meditation</b> 9:30-10:30 AM Nancy Studio B
<b>Water X</b> 11:00-12:00 PM Diane Pool	<b>Shallow Water X</b> 11:00-12:00 PM Karen Pool	 9:45-10:45 AM Becky Gymnasium	<b>Moving Meditation</b> 11:00-11:45 AM Nancy Studio A	<b>Water X</b> 11:00-12:00 PM Diane/Karen Pool	<b>ZUMBA®</b> 10:30-11:30 AM Heidi Studio A
<b>Burn Bootcamp</b> 5:00-5:45 PM Brianna Studio A	<b>Moving Meditation</b> 11:00-11:45 AM Nancy Studio A	<b>Pilates – All Levels</b> 11:00-12:00 PM Nancy Studio A	<b>Cardio Drumming</b> 12:00-12:30 PM Michelle W. Studio A	<b>Hip Hop Dance</b> 6:00-6:45 PM Yasmeen Studio A	
<b>CycleX</b> 5:15-6:00 PM Wendy Studio B	<b>Cardio Drumming</b> 12:00-12:30 PM Michelle W. Studio A	<b>Water X</b> 11:00-12:00 PM Diane Pool	<b>Total Body Burn</b> 5:00-6:00 PM Kate Studio A		
<b>Pilates – All Levels</b> 6:00-7:00 PM Lori Studio A	<b>Group Cycling</b> 4:00-4:45 PM Marianne Studio B	<b>Step Interval</b> 4:00-4:45 PM Marianne Studio A	<b>Vinyasa Yoga</b> 5:30-6:30 PM Kenneth Studio B		
<b>Hip Hop Dance</b> 7:15-8:00 PM Yasmeen Studio A	<b>Total Body Burn</b> 5:00-6:00 PM Kate Studio A	<b>Abs Class</b> 4:45-5:00 PM Amy Studio B	<b>ZUMBA®</b> 6:30-7:30 PM Heidi Studio A		
	<b>Lift &amp; Cycle</b> 5:45-6:30 PM Kelli Studio B	<b>Group Cycling</b> 5:00-5:45 PM Amy Studio B	<b>Water X</b> 7:00-8:00 PM Lori Pool		
	<b>Dance Fusion</b> 6:30-7:30 PM Liz Studio A	<b>Burn Bootcamp</b> 5:00-5:45 PM Brianna Studio A			
	<b>Water X</b> 7:00-8:00 PM Lori Pool	<b>Pilates – All Levels</b> 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!

**ZUMBA GOLD/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.