






# GROUP EXERCISE SCHEDULE

## JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Stretch 9:00-9:30AM Hunter/Julia Studio A	Step Interval 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	Group Cycling 8:00-8:30 AM Hunter Studio B	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 <small>Exercise &amp; Healthy Aging Program</small> 9:45-10:45 AM Becky Gymnasium	Circuit Training/Tabata 8:30-9:30 AM Holli Studio A	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	ZUMBA Gold® 9:00-9:30 AM Cathy Gymnasium	Zoom Dance 9:00-9:30 AM Becky Studio A	<b>*Studio Reserved*</b> Summer Camp Fitness Class 11:00-11:45 AM Alyssa Studio B	<b>*Studio Reserved*</b> Summer Camp Fitness Class 11:00-11:45 AM Alyssa Studio B	ZUMBA® 10:30-11:30 AM Heidi Studio A
	<b>*Studio Reserved*</b> Summer Camp Fitness Class 11:00-11:45 AM Alyssa Studio B	 Silver&Fit <small>Exercise &amp; Healthy Aging Program</small> 9:45-10:45 AM Cathy Gymnasium	 Silver&Fit <small>Exercise &amp; Healthy Aging Program</small> 9:45-10:45 AM Becky Gymnasium	Shallow Water X 11:00-12:00 PM Karen Pool	Water X 11:00-12:00 PM Diane/Karen Pool	Step it Like It's Hot 11:45-12:45 PM Kayla Studio A
	Water X 11:00-12:00 PM Diane Pool	Cardio Drumming 9:45-10:15 AM Michelle W. Studio A	Water X 11:00-12:00 PM Diane Pool	Lift & Cycle 4:00-5:00 PM Hunter Studio B	Hip Hop Dance 6:00-6:45 PM Yasmeen Studio A	
	Burn Bootcamp 5:00-5:45 PM Brianna Studio A	Shallow Water X 11:00-12:00 PM Karen Pool	Step Interval 4:00-4:45 PM Marianne Studio A	Total Body Burn 5:00-6:00 PM Kate Studio A		
	CycleX 5:15-6:00 PM Wendy Studio B	Group Cycling 4:00-4:45 PM Marianne Studio B	Abs Class 4:45-5:00 PM Amy Studio B	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	Group Cycling 5:00-5:45 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	Burn Bootcamp 5:00-5:45 PM Brianna Studio A	Water X 7:00-8:00 PM Lori Pool		
		Dance Fusion 6:30-7:30 PM Liz Studio A	Pilates – All Levels 6:00-7:00 PM Lori Studio A			
		Water X 7:00-8:00 PM Lori Pool				

## 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!

**STEP IT LIKE IT'S HOT:** A high-energy cardio class that mixes step aerobics with hip hop moves and music. Sweat, groove, and sculpt while having fun – no dance experience needed!

### 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!

**SUNDAY STRETCH:** Unwind and reset for the week ahead with this gentle 30-minute stretch session. Designed to release tension, improve flexibility, and calm the mind, this class is perfect for all fitness levels. Whether you're recovering from a busy week or preparing for a new one, take this time to breathe deeply, move mindfully, and leave feeling refreshed and recharged.

### 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.