



# GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ageless Fitness 8:30-9:15 AM Tamara Rotary Room	Silver Sneakers 9:00-9:50 Am Randi Gym	Ageless Fitness 8:30-9:15 AM Tamara Rotary Room	Silver Sneakers 9:00-9:50 AM Randi Gymnasium	Zumba 8:30-9:15 AM Wendy Rotary Room	Aqua Zumba 8:00-8:45 AM Faythe Pool
Silver Sneakers Move & Groove 9:45-10:30 AM Randi Gymnasium	Water X 10:00- 10:45 AM Kathryn Pool	Yoga Sculpt 10:00 -11:15 AM Amy Rotary Room	Water X 10:00-10:45 AM Beth Pool	Silver Sneakers Move & Groove 9:45-10:30 AM Randi Gymnasium	Hustle & Shine 8:30-9:30 AM Andrea Rotary Room
Yoga 10:00-11:15 AM Amy Gillen Room	Reach 10:10-10:40 AM Randi Rotary Room	Water X 10:00-10:45 AM Deb Pool	Reach 10:10-10:40 AM Randi Rotary Room	Water X 10:00-10:45 AM Kathryn Pool	
Water X 10:00-10:45 AM Beth Pool	Live Y'ers 11:00-11:45 AM Paula Pool	Cardio Kickboxing 12:15-1:15 PM Amy Rotary Room	Live Y'ers 11:00- 11:45 AM Paula Pool	Ener-Chi 11:00-11:40 AM Randi Rotary Room	
Adult Beach Ball 11:00-11:45 AM Beth Pool	Power Surge (HITT) 5:00-6:00 PM Reese Rotary Room	Aqua Zumba 6:00-6:45 PM Faythe Pool	Power Surge (HITT) 5:00-6:00 PM Reese Rotary Room		
Ener-Chi 11:00-11:40 AM Randi Rotary Room	Zumba 6:00-7:00 PM Faythe Rotary Room		Pound Class 6:00-7:00 PM Michelle Rotary Room		
Cardio Kickboxing 12:15-1:15 PM Amy Rotary Room					
Pound Class 6:00-7:00 PM Michelle Rotary Room					

## Class Descriptions

**Straight Up Strength:** A 45 minute class of strength work using free weights of your choice, we will do a full body circuit, ending with a core finisher. Class is open to all modifications and progressions are offered for all moves to suit all levels. Come get strong with us.

**Hustle & Shine:** A HIIT ( High Intensity Interval Training) and strength training, full body workout. The majority of our time is using our body weight to increase heart rate and build cardio endurance coupled with strength and core work to make us stronger. All levels welcome, modifications and progressions of all moves always offered!

**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!

**Silver Sneakers Classic:** Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic bands with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

**Silver Sneakers Move & Groove:** A fun filled cardio workout moving and grooving to some of your favorite oldies! Chairs will be set up around the room for rest if needed. Make sure to bring that water and those smiles with you!

**Ageless Fitness:** Multi-level exercise that includes a variety of exercises and equipment. Must bring a sense of humor for fun and laughs.

**Reach:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Yoga:** This class is a relaxing program that uses slow stretching and strengthening of the body to improve posture and focus the mind.

**Cardio Kickboxing:** Kick, punch & uppercut your way to a new stronger you! Learn the proper way to punch in a safe no-contact environment. Set up rounds complete with plyometric and speed drills for increased balance, strength, and agility

**Ener-Chi:** Increase strength and vitality through rhythmic movements and focused breathing of tai chi forms and principles.

**Pound:** high-energy, full-body cardio jam session that combines light resistance drumming with yoga, Pilates, and strength training.

**Power Surge:** This high intensity workout offers a variety of exercises to leave you feeling stonger and more energized with each class. All fitness levels welcome.

## 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.

**Live Y'ers:** A water exercise class for those with more limited mobility. Cardiovascular, strength training, and range of motion exercises are all components of this class.

**Aqua Zumba:** For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.