GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ageless Fitness 8:30-9:15 AM Tamara Gillen Room	Silver Sneakers 9:00-9:50 Am Randi Gym	Ageless Fitness 8:30-9:15 AM Tamara Gillen Room	Silver Sneakers 9:00-9:50 AM Randi Gymnasium	Zumba 8:30-9:15 AM Wendy Gillen 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 with Weights 9:30-10:45 AM Amy Gillen 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 Gillen Room
Gentle Yoga 9:30- 10:45 AM Amy Gillen Room	Reach 10:10-10:40 AM Randi Gillen Room	Water X 10:00-10:45 AM Deb Pool	Reach 10:10-10:40 AM Randi Gillen 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 Gillen Room	Live Y'ers 11:00- 11:45 AM Paula Pool	Ener-Chi 11:00-11:40 AM Randi Gillen Room	
Adult Beach Ball 11:00-11:45 AM Beth Pool Not during July and August	Power Surge (HITT) 5:00-6:00 PM Reese Gillen Room	Straight Up Strength 5:15-6:00 PM Andrea Gillen Room	Pound Class 6:00-7:00 PM Michelle Gillen Room		
Ener-Chi 11:00-11:40 AM Randi Gillen Room	Zumba 6:00-7:00 PM Faythe Gillen Room	Aqua Zumba 6:00-6:45 PM Faythe Pool			
Cardio Kickboxing 12:15-1:15 PM Amy Gillen Room					
Pound Class 6:00-7:00 PM Michelle Gillen 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 worout 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.