

# GROUP FITNESS SCHEDULE

|                           | <b>Mon</b><br>5:15AM – 9:00PM                                  | <b>Tues</b><br>5:15AM – 9:00PM         | <b>Wed</b><br>5:15AM – 9:00PM   | <b>Thurs</b><br>5:15AM – 9:00PM               | <b>Fri</b><br>5:15AM – 8:00PM   | <b>Sat</b><br>7:00AM – 6:00PM   | <b>Sun</b><br>9:00AM – 5:00PM                      |
|---------------------------|--|--|---|---|---|---|--|
| <b>5:30am to 6:25am</b>   | Adrenaline Cycle<br>Megan S.                                   | Barre/Yoga<br>Megan S.                 | Metabolic Resistance Training<br>Jolene   | Booty Barre<br>Anika                          | Cardio & Strength Circuit<br>Megan S.   |   |  |
| <b>6:30am to 7:25am</b>   |  | Bikes n' Butts<br>Jolene               |   | WOW (Weight Room)<br>Carol                    |   |   |  |
| <b>7:45am to 8:40am</b>   | Strength n' Sculpt<br>Andrea                                   | Yoga (K) Level All (gentle)<br>Lindsey | Pilates Sculpt<br>Nicole  | Yoga Gentle Strength (V/H) Level B/I<br>Talia | <b>7:45-8:15a</b> Indoor Cycling<br><b>8:15-8:45a</b> Core Conditioning<br>Jaime L. | Pure Energy Step<br>Megan S.  |  |
| <b>8:50am to 9:45am</b>   | <b>Shaded classes = Child care available during this time.</b> |  |   |   |   | Yoga Strength (A,V) Level I/A<br>Megan S.   |  |
| <b>9:00am to 9:55am</b>   | HIIT<br>Andrea   | Cardio Party<br>Jaime L.               | Yoga (V) Level B/I<br>Catiebelle  | Barbell Cardio<br>Andrea                      | Nia™<br>Siere   | <b>9:50-10:55a</b><br>Nia™<br>Siere   | <b>9:15-10:10a</b><br>HIIT Circuit<br>April        |
| <b>10:00am to 10:55am</b> | Zumba®<br>Aimie  | willPower & Grace®<br>Casey            | Zumba®<br>Andree  | Yoga (H) Level B/I<br>Sara                    | Cardio & Strength Circuit<br>Liane  | <b>10:00-11:00a</b><br>Adrenaline Cycle<br>Desiree  | <b>10:15-11:30a</b><br>Yoga (V) Level I/A<br>Anika |
| <b>11:00am to 11:55am</b> | Essentrics<br>Lindsey  | MELT® Length n' Strength<br>Sara B.    | Moving to Heal<br>Siere   | WOW (Weight Room)<br>Raina                    | Yoga (H/V) Level B/I<br>Jaime L.  | Zumba®<br>Michelle M.   | <b>11:35-12:35p</b><br>Zumba®<br>Mariah            |
| <b>12:00pm to 12:55pm</b> | Gentle Yoga Level B/I<br>Courtney                              | Pilates<br>Kira                        | Zumba Gold®<br>Michelle J.<br><b>NEW Instructor 2/6</b>                                 | Boomers Cardio & Strength<br>Andrée           | Qi Gong<br>Janice   | <b>12:00-1:20p</b><br>MELT® Length n' Strength<br>Sara B.   | <b>12:45-1:45p</b><br>Pilates<br>Elena             |
| <b>4:30pm to 5:25pm</b>   | HIIT & Core<br>Jolene  | Zumba®<br>Michelle M.                  | Bike n' Buff<br>Bike – Carol<br><b>5:00-5:25p</b><br>Buff - Carol                       | Yoga (H,K) Level B/I<br>Carolyn M.            |   |   |  |
| <b>5:30pm to 6:25pm</b>   | Nia™<br>Allison  | Step n' Strength<br>Erika              | <b>5:30-6:15p</b><br>Turbo Kickboxing<br><b>6:15-6:25p</b><br>Core Conditioning<br>Alta | Nia™<br>Allison                               | Zumba®<br>Michelle M.   | <b>NOTE:</b><br>All Group Fitness sessions are 55 minutes unless otherwise noted on the schedule. All sessions are multi-level workouts; instructors will provide modifications to fit your fitness level.<br><br><b>Shaded area indicates kids club hours.</b> |  |
| <b>6:00pm to 6:55pm</b>   | Indoor Cycling<br>Jaime L.                                     |  | WOW-Weight Room<br>Liane  |   |   |   |  |
| <b>6:30pm to 7:25pm</b>   | Cardio & Strength Circuit<br>Andrea                            | Yoga (H) Level B/I<br>Carolyn M.       | Barre<br>Elle   | Cardio & Strength Circuit<br>Andrea           |   |   |  |
| <b>7:30pm to 8:25pm</b>   |  |  |   |   |   |   |  |
|                           |  |  |   |   |   |   |  |

| Group Fitness Class                        | Class Descriptions  | Fitness Goal |
|--|---|--------------|
| <b>Barbell Cardio</b>                      | Build your strength, stamina, and endurance. In this class you will combine continuous cardiovascular activity with light to moderate weight training using barbells. This class is suitable for all levels of fitness and exercise experience.   | CV<br>M      |
| <b>Barre</b>                               | Barre combines the best of yoga, ballet, and Pilates - achieving a full-body workout targeting the hips, thighs, seat, abdominals and upper body. The technique is low-impact, alternating movement and stretching, plus using your own body weight as a natural tool to build elegant, lean muscles. No dance experience is required. Be prepared to have fun!   | CV<br>M, F   |
| <b>Boomers Cardio &amp; Strength</b>       | The cardio segment of this class will use fun choreography and upbeat world music to incorporate practice with memory, challenge eye-hand coordination and increase aerobic capacity. The strength and flexibility portions will improve balance and encourage good posture while improving overall toning. It's a lot of work that feels like a lot of fun!  | CV<br>M, F   |
| <b>Booty Barre</b>                         | A Pilates, Yoga, and Dance fusion workout that incorporates strength and mobility together that will also get your heart rate elevated! All levels are welcome and no dance experience is necessary. This class focuses on strengthening your small stabilizer muscles in a low impact environment to prevent injury and still get a great workout.   | CV<br>M, F   |
| <b>Bike n' Buff</b>                        | This format combines the low-impact cardiovascular fitness and maximal caloric burn of cycle muscle conditioning using a variety of strength tools including your own body. Finish your workout with key stretches to aid flexibility.  | CV<br>M, F   |
| <b>Bike n' Butts</b>                       | A blend of HIIT cycling and lower body sculpting exercises guaranteed to get your rear in gear in just 55 minutes. Utilizing stationary bikes and weights, Bikes 'n Butts will use your largest muscle groups for the biggest burn of your morning!   | CV<br>M, F   |
| <b>Cardio &amp; Strength Circuit</b>       | A cardio conditioning workout with strength training. Each week is always a surprise, sometimes it's a full tabata, sometimes it's individual circuits, using a variety of equipment such as steps, bosus, kettle bells or resistance bands.  | CV<br>M      |
| <b>Cardio Party</b>                        | Various interval formats will challenge your cardio, strength and recovery fitness! Active intervals will range in length from 20 to 60 seconds with short periods of rest. The class will include bodyweight exercises, Bosu balls and sliders, as well as weights, bands or kettlebells. All exercises can be modified. Get ready for a full body, high intensity interval extravaganza!  | CV<br>M      |
| <b>Essentrics</b>                          | Essentrics is a dynamic, full body workout for all fitness levels. This apprentice class will increase flexibility and mobility for a healthy, toned and pain-free body by simultaneously combining stretching and strengthening while engaging all muscles.  | M<br>F       |
| <b>HIIT, HIIT Circuit, HIIT &amp; Core</b> | High-intensity interval training (HIIT), an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. After a brief warm up, we'll go between cardio bursts and strength circuits, a burnout focusing on the core, and wrap up with stretches to improve flexibility.                                    | CV<br>M      |
| <b>Indoor Cycling</b>                      | Improve your cardiovascular fitness and maximize caloric burn by incorporating interval-based drills, visualization and effective coaching techniques. A great workout to lose body fat or maintain a lean physique. Expect to burn 450 calories in 30 minutes & 600 calories in 40 minutes. <b>Adrenaline Cycle</b> will burn an incredible 900 calories in 55 minutes.  | CV           |
| <b>MELT®</b>                               | Use MELT® soft foam rollers to lengthen and rebalance the body. Specialized exercises will build core strength and stabilize the hips, knees, and shoulders for dynamic, pain-free movement. Suitable for all levels of fitness.  | F            |
| <b>Metabolic Resistance Training</b>       | Metabolic Resistance Training is an intense strategy for increasing strength, improving overall physical fitness and torching fat. This circuit style training use various resistance training variables. Recommended for intermediate and advanced levels.   | CV<br>M      |
| <b>Moving to Heal</b>                      | A gentler version of Nia's expressive movements, with an emphasis on a blending of Yoga and Tai Chi, for anybody seeking self-healing of body, mind and spirit. Compelling, rhythmic music resets your nervous system as you move through easy to follow choreography in a non-competitive environment. Improve your connective tissue, circulation, joint mobility, stability, balance, flexibility and overall feelings of wellness. Taught barefoot (optional) with some use of light equipment. | M<br>F       |
| <b>Nia™ (neeh)</b>                         | A hybrid session of dance, martial arts and mind/body/spirit programs that creates a joyful, empowering workout that conditions your cardiovascular system and develops muscle tone.  | CV           |
| <b>Pilates</b>                             | A core based - full body workout to achieve strong and toned abdominals, low back, hips and thighs, improved flexibility, better postural alignment, muscle endurance, long and lean muscles, improved balance, relaxation and stress relief.   | M            |
| <b>Pilates Sculpt</b>                      | A fast-paced strength training class that combines free weights with booty blasting lunges, traditional Pilates mat exercises, and muscle lengthening with foam rollers for a balanced workout suitable for all levels.   | M, F         |
| <b>Pure Energy Step</b>                    | High on intensity and choreography, this fun results-oriented workout will challenge your agility and coordination. You'll have so much fun; you'll forget you are working out!   | CV           |
| <b>Qi Gong</b>                             | Practice easy to learn standing Qi Gong forms to increase your balance, strength and inner calm. The slow graceful movements enhance your overall strength while incorporating mindfulness. Beneficial for all levels of fitness.   | M            |
| <b>Step n' Strength</b>                    | High intensity intervals and full body muscle conditioning – all packed into one energetic, results-oriented workout. A great session for those who would like to burn a ton of calories and develop a toned upper and lower physique.  | CV           |
| <b>Strength n' Sculpt</b>                  | This muscle conditioning class utilizes a variety of training tools to build strength and sculpt your entire body.  | M            |
| <b>Turbo Kickboxing</b>                    | Punching, kicking, cardio footwork and more... plus a short turbo cardio session to kick your booty even more! Not only is this workout a blast but it's a great way to lose body fat, tone your muscles and get out all your aggression!   | CV           |
| <b>willPower&amp;grace®</b>                | Train from head to toe in this equipment-free, barefoot workout. Experience strong cardio, muscle conditioning, and flexibility training in one fluid format. Fueled with positive, uplifting philosophy and functional movement, willPower increases self-awareness and yields incredible results.   | CV<br>M, F   |
| <b>WOW - Women on Weights</b>              | A muscle conditioning circuit workout in the weight room. Train your upper and lower body utilizing weight machines, free weights and other training tools. this class will teach you how to use the weight room equipment safely and effectively.  | M            |
| <b>Yoga</b>                                | Improved balance and flexibility, muscle endurance, long and lean muscles, enhanced focus and stress release. No high-risk movements will be taught. <b>Use this guide...</b> <b>Type:</b> H-Hatha, V-Vinyasa, A-Ashtanga, K-Kripalu, Y-Yin. <b>Level:</b> B-Beginner, B/I-Beginner to Intermediate, I-Intermediate, I/A-Intermediate to Advanced, A-Advanced   | M<br>F       |
| <b>Yoga Strength</b>                       | This athletic program incorporates various multi-level poses and stretches centered in a more challenging active Yoga practice. Ashtanga/Vinyasa disciplines.   | M            |
| <b>Zumba®</b>                              | International, pulsating rhythms ignite dynamic, easy-to-follow movements inspired by salsa, meringue, hip hop, belly dancing, and more. Zumba's interval format creates an invigorating workout that burns fat and tones your body from head to toe!   | CV           |
| <b>Zumba Gold®</b>                         | A modified Zumba® class that recreates the original moves at a lower-intensity for active older adults. Easy-to-follow choreography focuses on balance, range of motion and coordination. Prepare to leave empowered and feeling strong.  | CV<br>M, F   |

**Cardiovascular Conditioning (CV)**-These types of sessions will improve the health of your heart, burn a ton of calories and develop overall fitness conditioning. They are a must for those of you wanting to burn body fat.

**Muscle Conditioning (M)**-Regularly participate in these sessions to maintain muscle mass, develop your strength, improve your muscle tone and definition, increase your metabolic rate, achieve a healthy body weight and fat percentage, improve your posture, strengthen your bone density, improve your balance, and more! You should incorporate three muscle conditioning workouts into your schedule each week. Avoid training the same body part two days in a row.

**Mind/Body Fitness & Flexibility (F)**-Avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable.