

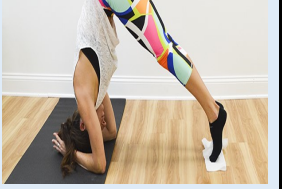
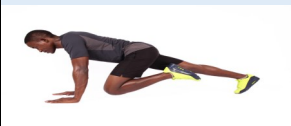






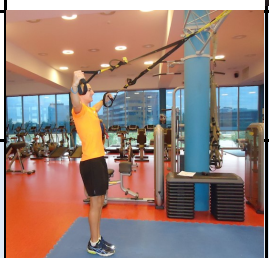





# Group Fitness Schedule

April 24 – June 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00	Gentle (seated) Spin w/Pat 9:00-9:30			Gentle (seated) Spin w/Pat 9:00-9:30	Fabulous and Fit with Kim 9:00-10:00	
9:30-10:30	Hatha Style Yoga w/Sara					
10-11		Silver Sneakers w/Cindy		Silver Sneakers w/Cindy		Strength & Sculpt w/Shan 10-11:15
10:30-11:30	QiGong w/Josh		Senior TRX w/ Sadhna		QiGong w/Josh	
11:15-noon		Express Spin Pat		Express Spin w/Pat		
12:10-1ish	Strength Worx w/Shan	Power Leg Sculpt w/ Lynn	Spinning Endurance w/Shan	Core Strength (May Include TRX) w/Shan	Cardio Intervals in Fitness Cntr w/ Shan	
4:30-5:30	Monday Funday with Carrie	Sweat and Step with Mary	Kettles and Tabatas w/ Mary & Carrie	Butts and Guts w/Mary	Zumba/Golden Zumba w/Mickie	
5:30-6:30	Spin HIIT w/Shan	Full Body Strength w/Shan	Tabata Time w/ Kim	Spinning Blast w/Kim		
6:30-7:30		Cardio Kickboxing w/Jody	Vinyasa Flow Yoga w/ Aly			

**Cardio Blast w/ Bosus, Steps and Straps** - this class combines higher intensity cardio efforts with strength and power moves using all the tools of the trade! Participants will learn how to effectively use bosus, TRX straps and other fitness equipment to torch calories and maximize their fitness gains! Participants won't get bored in this high energy, heart thumping, exciting class. Modifications are offered so that all ages & fitness levels can participate.

**Kick It Into Gear Monday and Mid-Week Mix-up** - are creative, upbeat and exciting workouts that are varied and highly effective. Instructors offer many fun and challenging ways to get participants moving and using all of their muscles. Participants enjoy the workouts so much they might not notice how challenging it is!

**Restorative Qigong** - Qigong essentially means "energy work", and is an ancient Chinese healthcare system passed down through generations of masters to promote balance, longevity, and vitality of mind, body and spirit. It consists of a series of rhythmic, flowing physical movements, breathing techniques, and focused intention to help create inner peace, reduce stress, strengthen the body, and aid internal processes such as the lymphatic, cardiovascular, respiratory, digestive, and immune systems. This class is low-impact and senior-friendly.

**Rock Hard Abs and Fit to the Core (Athletic Abs)** – is an hour of focused ab/core work. Every class is a different combination of strength moves using equipment and body weight exercises. This class is a "must try" if one is looking to greatly increase their strength and transform their appearance!

**Silver Sneakers (Classic)** is a program primarily for older adults and/or people who are recovering from illness or injury. It is designed to increase muscle strength, range of movement and ultimately improve quality of life. Medicare Advantage plans may also cover **Silver Sneakers**.

**Spin Strong, Spinning Blast, and Spinning Endurance** - are high intensity cycling workout that take place on a stationary bike with a weighted flywheel that is linked to the pedals. Most classes use short sharp bursts of sprints and hill efforts interspersed with active recovery and longer intervals to test strength and endurance. These classes will definitely help to push your lactic acid threshold, annihilate fat, burn calories and build muscles.

**Step Up** - is a traditional choreographed step class utilizing high energy music that offers a great cardio workout. Creative and dynamic moves are incorporated in order to ensure a great calorie burn session, yet every move may be modified, depending on your comfort level. Step aerobics at its best!

**Strength & Cardio Circuits** - this class is a full body workout including cardio intervals and multi-muscle strength exercises in a circuit type session. The instructor will use spinning bikes, dumbbells, kettlebells, TRX straps, steps and body weight to create a fun and effective circuit style class.

**Strength classes (which include: Muscle Up, Strength & Sculpt, Upper Body Strength)** -- are classes which utilize dumbbells, barbells, resistance bands, body bars, kettlebells, medicine balls, etc. to increase muscular strength and definition. The instructor will target every major muscle group in the body to help participants look and live stronger. The strength classes are particularly important for participants who generally focus more on cardio training, or who do not feel as comfortable strength training on their own.

**TRX Classes** are a suspension based exercise system and stands for Total Body Resistance Exercise. TRX straps are a training tool that leverages gravity and the user's body weight to complete 100s of exercises. It is unparalleled for core training. It's a training system everyone should add to their lives! [Senior TRX is perfect for those just beginning to learn or use the TRX straps].

**Upper Body Blast** - This class is strictly upper body strength training using dumbbells, barbells, kettlebells and resistance bands to create strength and definition. This class encourages participants to balance their upper body training with their cardio conditioning, which uses primarily their lower body.

**Yoga** is a series of stretches and poses that promote control of the body and mind, and are intended to promote ones physical and spiritual well-being. The class is excellent for enhancing flexibility, balance and concentration, while using breathing techniques to aid in relaxation and de-stressing. Many people feel greater ease of movement as a result of regular yoga practice.