

GROUP FITNESS STUDIO SCHEDULE

JUNE 11TH– SEPTEMBER 2ND, 2018

NO CLASSES JULY 4TH, 2018

CLASSES MUST MAINTAIN A 6 PERSON AVERAGE PER MONTH TO REMAIN ON THE SCHEDULE.

CLASSES IN GREEN ARE PAID AND RUN IN SESSIONS.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45AM	Y-HIIT w/ JOHN (H)		Y-HIIT w/ JOHN (H)			
8:30-9:30AM			SENIOR FIT w/ LARRY (L)			
9:00-10:00AM	SILVERSNEAKERS® CLASSIC w/ IRINA (L)				SILVERSNEAKERS® CLASSIC w/ LARRY (L)	9:30-10:30AM POWER YOGA w/ JESS (M/H) LAST CLASS JUNE 30
10:00-11:00AM	SILVERSNEAKERS® YOGA w/ IRINA (L)				POWER YOGA 10:30-11:30 w/JESS (M/H)	
10:30AM- 12:00PM		LIVESTRONG® APPROVAL REQUIRED		LIVESTRONG® APPROVAL REQUIRED		
11:15AM- 12:00PM						STRENGTH AND TONE w/ ZOE (M/H)
12:15-12:45PM		STRETCH EXPRESS w/ CARL (A)		STRETCH EXPRESS w/ CARL (A)		
4:00-5:00PM	TAE KWON DO w/ JIM EVANS		TAE KWON DO w/ JIM EVANS			
5:15-6:00PM	5:15-6:15PM ZUMBA® w/ MELANIE (A)	KETTLEBELLS w/ (M/H) ENDS JUNE 26 RETURNS SEPT. 4		KETTLEBELLS w/ (M/H) ENDS JUNE 28 RETURNS SEPT. 6		
6:00-6:15PM						
6:15-7:15PM				PILATES w/ MICHELLE (A)		
6:30-7:30PM	GENTLE YOGA w/ AUDREY (A)		RETURNS FALL 2018 SHAKE IT, TONE IT w/ MICHELLE (A)			

GROUP FITNESS

CLASS DESCRIPTIONS

**** RUNS IN SESSIONS – PAID FOR NON-MEMBERS**

LOW INTENSITY CLASSES:

DANCE FUSION: UTILIZING BALLET STYLE AND DANCE MOVES AND TO HELP WITH BALANCE AND COORDINATION. WORKS TO ELONGATE AND TONE MUSCLES.

GENTLE YOGA: THIS GENTLE CLASS WILL GUIDE YOU THROUGH BODY OPENING POSES, LOOSENING TENSION AND RELIEVING STRESS. MOVING AT A SLOWER PACE AND HOLDING STRETCHES LONGER WILL ALLOW YOU TO RELAX YOUR MIND AND YOUR BODY. LEAVE RELAXED, CONTENT, AND READY TO TAKE ON THE DAY!

SENIOR FIT: A CLASS FOR BEGINNER PARTICIPANTS WHERE THE MOTTO IS, "GET FIT, HAVE FUN & MAKE FRIENDS." THIS CLASS IS DESIGNED TO INCREASE STRENGTH, RANGE OF MOVEMENT, AGILITY, BALANCE AND COORDINATION. PARTICIPANTS CAN IMPROVE FUNCTIONAL CAPABILITIES, FITNESS LEVEL AND SENSE OF WELL-BEING ALL SANDWICHED BETWEEN A WARM UP AND A COOL DOWN.

SILVER SNEAKERS CLASSIC®: HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT AND ACTIVITIES FOR DAILY LIVING. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES AND A SILVER SNEAKERS BALL ARE OFFERED FOR RESISTANCE. A CHAIR IS AVAILABLE IF NEEDED FOR SEATED OR STANDING SUPPORT.

MEDIUM/HIGH INTENSITY CLASSES: MODIFICATIONS CAN BE PROVIDED TO MAKE THE CLASSES MEDIUM INTENSITY

****KETTLEBELLS:** PROGRESSIVE EXERCISES WILL BE PRACTICED ACHIEVING CARDIO, POWER AND STRENGTH GAINS.

METABOLIC CONDITIONING: MAXIMIZE YOUR ENERGY EFFICIENCY WITH THIS HIGH INTENSITY CLASS THAT IS STRUCTURED TO BURN CALORIES WHILE GETTING YOU STRONGER AND IN TO YOUR BEST SHAPE. COMING SOON

****POWER YOGA:** STRENGTHEN YOUR MIND, BODY AND SPIRIT. THE PHYSICAL POSTURES OF YOGA CAN HELP TO ALLEVIATE HEALTH PROBLEMS WHILE REDUCING STRESS AND IMPROVING YOUR PHYSICAL AND MENTAL STATE.

STRENGTH AND TONE: THIS CIRCUIT BASED TONING CLASS WILL GET YOU LEANER AND STRONGER. AS YOU MANEUVER YOUR WAY THROUGH EACH WORKOUT STATION, YOU'LL LUNGE, CRUNCH, BOX AND MORE FOR A FULL BODY WORKOUT.

HIGH INTENSITY CLASSES:

****Y-HIIT (MEMBERS ONLY-NO REGISTRATION REQUIRED, RUNS IN SESSIONS):** A HIGH INTENSITY INTERVAL TRAINING MAT BASED CLASS WITH EMPHASIS ON STRENGTHENING THE CORE MUSCLES. THIS QUICK INTENSE CLASS COMBINES BASIC CALISTHENICS WITH A TIMING SEQUENCE OF FORTY SECONDS OF WORK AND TWENTY SECONDS OF RECOVERY. YOU CAN'T POSSIBLY KNOW WHETHER IT'S RIGHT FOR YOU WITHOUT GIVING IT A TRY. EVERYONE IS WELCOME; MODIFICATIONS PROVIDED.

GREAT FOR ALL LEVELS:

PILATES: A SYSTEM OF PHYSICAL CONDITIONING INVOLVING LOW-IMPACT EXERCISES AND STRETCHES DESIGNED TO STRENGTHEN THE MUSCLES OF THE TORSO.

SHAKE IT, TONE IT: HAVE FUN AND DANCE YOUR STRESS AWAY IN THIS CARDIO CLASS THAT COMBINES HIP-HOP, OLD SCHOOL, AND CLASSIC DANCE MOVES! DANCE ARTIST MICHELLE EDISON IS YOUR INSTRUCTOR.

ZUMBA®: ZUMBA IS A HIGH ENERGY FUSION OF LATIN AND INTERNATIONAL MUSIC-DANCE THEMES THAT CREATE A DYNAMIC, EXCITING, AND EFFECTIVE FITNESS CLASS. THE ROUTINE FEATURES INTERNAL TRAINING WITH FAST AND SLOW RHYTHMS THAT ZONE AND SCULPT THE BODY. JOIN THE PARTY AS YOU BECOME FIT.