

GROUP FITNESS STUDIO SCHEDULE & TRX SCHEDULE

SEPTEMBER 5TH, 2018 – JANUARY 5TH, 2019

NO CLASSES NOVEMBER 22, DECEMBER 24, 25, 31, JANUARY 1.

	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)	
10:00-11:00AM	SILVERSNEAKERS® YOGA w/ IRINA (L)			9:45-10:15AM TRX w/ CLEMATE	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	TRX w/ CARL	STRETCH EXPRESS w/ CARL (A)	TRX w/ CARL	STRETCH EXPRESS w/ CARL (A)		
4:30-5:00 PM	TRX w/ CLEMATE		TRX w/ CLEMATE		TRX w/ CLEMATE	
5:15-6:00PM	5:15-6:15PM ZUMBA® w/ MELANIE (A)	KETTLES AND MORE MARY JO	TABATA w/BETHANY	KETTLES AND MORE w/MARY JO		
6:15-7:15PM			6:30-7:30PM SHAKE IT, TONE IT w/MICHELLE	PILATES w/ MICHELLE (A)		
6:30-7:30PM	GENTLE YOGA w/ AUDREY (A)		6:50-7:20 PM TRX CHRIS			

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

CORE BLASTER: A UNIQUE CLASS DESIGNED TO BLAST YOUR CORE AND STRENGTHEN YOUR BODY OVERALL. IT'S NOT JUST ABOUT CRUNCHES ANYMORE.

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

**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:

TABATA: EACH EXERCISE IN EACH TABATA WORKOUT LASTS ONLY FOUR MINUTES, BUT IT'S LIKELY TO BE ONE OF THE LONGEST FOUR MINUTES YOU'VE EVER ENDURED. THE STRUCTURE OF THE PROGRAM IS AS FOLLOWS: WORKOUT HARD FOR 20 SECONDS; REST FOR 10 SECONDS; COMPLETE 8 ROUNDS. PUSH YOURSELF AS HARD AS YOU CAN FOR 20 SECONDS AND REST FOR 10 SECONDS. THIS IS ONE SET. YOU'LL COMPLETE EIGHT SETS OF EACH EXERCISE. GET A FULL BODY WORKOUT, FAST.

**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.

TRX: BORN IN THE NAVY SEALS, SUSPENSION TRAINING BODYWEIGHT EXERCISE DEVELOPS STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY SIMULTANEOUSLY. IT REQUIRES THE USE OF THE TRX SUSPENSION TRAINER, A HIGHLY PORTABLE PERFORMANCE TRAINING TOOL THAT LEVERAGES GRAVITY AND THE USER'S BODY WEIGHT TO COMPLETE 100S OF EXERCISES. MEMBERS: FREE!! NON-MEMBERS: \$55 UNLIMITED PER MONTH

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.