



Floor Aerobics

December 31-January 5

	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
5:30 am			Cycle/Strength (sign in at front desk) Becky	INSANITY LIVE! (45min) Meg		
8:30 8:45 9:00 am	8:30 am 20/20/20 Cardio/Strength/Core Alexandra		8:45 am POUND ROCKOUT. WORKOUT. Rene'	8:30 am SilverSneakers® Classic Tabatha	8:30 am ZUMBA Rene'	9:00 am Body Bar Circuit
9:45 am	SilverSneakers® Circuit Diane		Basic ZUMBA Rene'	Yoga Tabatha	SilverSneakers® Circuit Ginny	
11:00 am	Basic ZUMBA Rene'		Gentle Stretch Rene'			
4:15 pm			Total Body Strength (45min) Ginny			
5:45 pm			INSANITY LIVE! Kerri	Step & Strength Kim		
6:45 7:00 pm				7:00 pm Gentle Stretch Rene'		

Class Descriptions:

Zumba: A fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, body-energizing, awe-inspiring movements to create a one-of-a-kind dance fitness class that will blow you away!

***Basic Zumba:** Learn the basics to dance the Merengue, Salsa, Cumbia and more! This class is a great introduction to Zumba!—for beginners and older adult.

POUND®: Channel your inner rockstar with this 45-minute full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, stronger physique – all while rocking out to your favorite music! POUND® combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Ripstix®, lightly weighted drumsticks, are provided. All fitness levels welcome. **Class size is limited to the first 25 participants. A mat is required to participate.**

20/20/20: 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1!

Cardio: Instructor will lead you through a series of exercises to elevate the heart rate. Exercises could include Step, Kickbox, Low, etc.

Strength: Variety of props used (bars, dumbbells, medicine balls, stability balls, tubing) to tone and strengthen the body.

Core: Resistance exercises challenging core muscle strength. May include Pilates-inspired movement.

Cycle/Strength: 30 minutes of heart-pumping cardio on the bike, followed by 30 minutes of resistance training in the aerobic studio (cycling shoes with cleats not allowed in aerobic studio, please)

Step & Strength: Step for cardio and strengthen with a variety of props either interval style or as an entire half hour back-to-back non-stop workout. Class is 60 minutes

Total Body Strength: Resistance training using a variety of props for a total body workout!

Body Bar Circuit: Body Bar strength training with short bursts of cardio and matwork.

Insanity Live: Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.

***SilverSneakers® 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, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

***SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Yoga: Increase joint and muscle flexibility & strength with postures that open the body. Learn to use physical and mental awareness to release areas of tension. Sticky mat recommended; bare feet recommended.

***Gentle Stretch:** Take your body through a series of gentle stretches on the mat to improve joint range of motion, posture and balance. Special consideration is taken for those with limitations—this class is for everyone. Sticky mat, strap and block (all available) and no shoes recommended.

**Perfect for beginners and older participants*

Please let us know how we can better accommodate you and keep your workouts motivating & enjoyable!
 You can do this simply by filling out a comment card located in the front lobby area.
 I welcome your comments and suggestions and will gladly contact you personally!
 Thank you!

Rene' O'Connor, Group Fitness Coordinator



Indoor Cycling

Energetic music in our low-light cycling studio is used to set the mood here! Our indoor cycling classes are fun and intense!
Get a great low body workout concentrating on power, speed and endurance. All levels welcome!

December 31-January 5

	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
5:30am	Ginny		Becky <i>*Cycle/Strength</i>		Rene'	
8:30am				Becky		9:00am Staci
6:00pm				Chelsea		

**30 minutes of heart-pumping cardio on the bike, followed by 30 minutes of resistance training in the aerobic studio (PLEASE--cycling shoes with cleats not allowed in aerobic studio)*

Please sign in at the front desk 30 minutes before class to reserve a bike.
You MUST be in studio at least 5 minutes before class starts to keep your reservation.
Towel and water bottle highly recommended. Stiff-soled shoes also recommended.
SPD pedals on all bikes.



Water Aerobics

Properties of rebound, speed, travel, surface and suspension are utilized for a well-balanced water workout.
Props, such as noodles and handbells, may also be used for stability and added resistance.

December 31-January 5

	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
8:30- 9:30am	Tabatha		Colleen		Becky

Be sure to dry off before entering shower and locker room
Use extreme caution when walking on tile/concrete floors as they are very slippery when wet
Stay on rubber matting



Floor Aerobics

January 7-12

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
5:30 am		INSANITY LIVE! (45min) Rene'	Cycle/Strength (sign in at front desk) Ginny	INSANITY LIVE! (45min) Meg		
8:30 8:45 9:00 am	8:30 am 20/20/20 Cardio/Strength/Core Alexandra	8:30 am SilverSneakers® Classic Tabatha	8:45 am POUND ROCKOUT. WORKOUT. Rene'	8:30 am SilverSneakers® Classic Diane	8:30 am ZUMBA Rene'	INSANITY LIVE!
9:45 am	SilverSneakers® Circuit Rene'	The willPower Method® Tabatha	Basic ZUMBA Rene'	Yoga Jamie	SilverSneakers® Circuit Tabatha	Kerri
11:00 am	Basic ZUMBA Rene'		Basic Yoga Bryson			
4:15 pm	Total Body Strength (45min) Rene'		Total Body Strength (45min) Ginny			
5:45 pm	ZUMBA Rene'	POUND ROCKOUT. WORKOUT. Rene'	INSANITY LIVE! Rene'	Step & Strength Kerri		
6:45 7:00 pm	7:00 pm Gentle Stretch Rene'	6:45 pm Total Body Strength (45min) Kerri		7:00 pm Gentle Stretch Rene'		

Class Descriptions:

- Zumba:** A fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, body-energizing, awe-inspiring movements to create a one-of-a-kind dance fitness class that will blow you away!
- *Basic Zumba:** Learn the basics to dance the Merengue, Salsa, Cumbia and more! This class is a great introduction to Zumba!—for beginners and older adult.
- POUND®:** Channel your inner rockstar with this 45-minute full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, stronger physique – all while rocking out to your favorite music! POUND® combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Ripstix®, lightly weighted drumsticks, are provided. All fitness levels welcome. **Class size is limited to the first 25 participants. A mat is required to participate.**
- Cycle/Strength:** 30 minutes of heart-pumping cardio on the bike, followed by 30 minutes of resistance training in the aerobic studio (cycling shoes with cleats not allowed in aerobic studio, please)
- Step & Strength:** Step for cardio and strengthen with a variety of props either interval style or as an entire half hour back-to-back non-stop workout. Class is 60 minutes
- 20/20/20:** 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1!
- Cardio:** Instructor will lead you through a series of exercises to elevate the heart rate. Exercises could include Step, Kickbox, Low, etc.
- Strength:** Variety of props used (bars, dumbbells, medicine balls, stability balls, tubing) to tone and strengthen the body.
- Core:** Resistance exercises challenging core muscle strength. May include Pilates-inspired movement.
- Total Body Strength:** Resistance training using a variety of props for a total body workout!
- Insanity Live:** Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.
- The willPower Method®:** The willPower Method® combines alignment-based movements from Pilates® and yoga with strong, athletic calisthenics and dance principals; yielding safe, efficient workouts for students of all levels. This is the full-body, barefoot conditioning program that athletes need, and the calorie-burning cardiovascular solution that mind-body practitioners want
- *SilverSneakers® 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, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.
- *SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.
- Yoga:** Increase joint and muscle flexibility & strength with postures that open the body. Learn to use physical and mental awareness to release areas of tension. Sticky mat recommended; bare feet recommended.
- *Gentle Stretch:** Take your body through a series of gentle stretches on the mat to improve joint range of motion, posture and balance. Special consideration is taken for those with limitations—this class is for everyone. Sticky mat, strap and block (all available) and no shoes recommended.
- *Basic Yoga:** This class is a great introduction to yoga. You will learn basic yoga postures and proper breathing technique to improve joint range and oxygenation. Sticky mat, strap and block (all available) and no shoes recommended.

*Perfect for beginners and older participants

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5:30am	Tabatha		Ginny <i>*Cycle/Strength</i>		Kim	
8:30am		Ginny		Staci		9:00am Meg
6:00pm	Kim			Meg		

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January 7-12

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
8:30- 9:30am	Rene'		Staci		Tabatha

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Stay on rubber matting



Floor Aerobics

January 14-19

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
5:30 am		INSANITY LIVE! (45min) Rene'	Cycle/Strength (sign in at front desk) Kim	INSANITY LIVE! (45min) Rene'		
8:30 8:45 9:00 am	8:30 am 20/20/20 Cardio/Strength/Core Diane	8:30 am SilverSneakers® Classic Tabatha	8:45 am POUND Rene'	8:30 am SilverSneakers® Classic Diane	8:30 am ZUMBA Rene'	9:00 am Body Bar/ Kickbox Combo Alexandra
9:45 am	SilverSneakers® Circuit Rene'	The willPower Method® Tabatha	Basic ZUMBA Rene'	Flow Yoga Bryson	SilverSneakers® Circuit Ginny	
11:00 am	Basic ZUMBA Rene'		Gentle Stretch Staci			
4:15 pm	Total Body Strength (45min) Rene'		Total Body Strength (45min) Ginny			
5:45 pm	ZUMBA Kendall	POUND Rene'	INSANITY LIVE! Kerri	Step & Strength Kerri		
6:45 7:00 pm	7:00 pm Gentle Stretch Rene'	6:45 pm Total Body Strength (45min) Rene'		7:00 pm Gentle Stretch Rene'		

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- Core:** Resistance exercises challenging core muscle strength. May include Pilates-inspired movement.
- Total Body Strength:** Resistance training using a variety of props for a total body workout!
- Body Bar/Kickbox Combo:** Weighted bars (9-,12-,15-,18-,22-, 24-,30- and 36-lbs) are used for a full-body workout. Music is used to set tempo and enhance this sculpting class. Intervals of Kickbox include punches, kicks, squats and lunges to get your heart rate up into your aerobic zone.
- Insanity Live:** Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.
- The willPower Method®:** The willPower Method® combines alignment-based movements from Pilates® and yoga with strong, athletic calisthenics and dance principals; yielding safe, efficient workouts for students of all levels. This is the full-body, barefoot conditioning program that athletes need, and the calorie-burning cardiovascular solution that mind-body practitioners want
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- Flow Yoga:** A form of yoga utilizing various postures to build heat in the body while focusing on the flow of breath and movement. Flow yoga emphasizes a balance of strength and flexibility through holding poses longer as well as incorporating a vinyasa style with greater variety of postures and fluid transitions. Poses will include forward folds, backbends, twists and inversions. Previous yoga experience is advised. Sticky mat recommended; bare feet recommended.
- *Gentle Stretch:** Take your body through a series of gentle stretches on the mat to improve joint range of motion, posture and balance. Special consideration is taken for those with limitations—this class is for everyone. Sticky mat, strap and block (all available) and no shoes recommended.

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8:30am		Ginny		Bryson		9:00am Kim
6:00pm	Chelsea			Meg		

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Water Aerobics

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January 14-19

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
8:30- 9:30am	Jamie		Colleen		Ginny

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