










# Floor Aerobics

February 6-11

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
8:30 am	<b>Body Bar w/Kickbox Intervals</b> Alexandra	SilverSneakers® <b>Muscular Strength</b> Diane	 <b>ZUMBA</b> Rene'	SilverSneakers® <b>Muscular Strength</b> Allison	<b>Platform Drills</b> Alexandra	9:00 am 20/20/20 Step/Low/Kickbox Rene'
9:45 am	<b>Step w/Core</b> Allison	<b>Pilates</b> Alexandra	1/2 & 1/2 Basic Step & Strength Rene'	<b>Flow Yoga</b> Bryson	<b>Body Bar Circuit</b> Rene'	10:15 am  <b>ZUMBA</b> Ginny
11:00 am	SilverSneakers® <b>Cardio Circuit</b> Rene'	<b>Basic</b>  <b>ZUMBA</b> Rene'	<b>Gentle Yoga</b> Rene'	<b>Basic</b>  <b>ZUMBA</b> Becky	SilverSneakers® <b>YogaStretch</b> Diane	
5:45 pm	 <b>ZUMBA</b> Rene'	<b>Body Bar w/Cardio Intervals</b> Rene'	 <b>ZUMBA</b> Becky	<b>Step w/Upper Body</b> Jan		
7:00 pm	<b>Yoga</b> Amy	 <b>ZUMBA</b> Ginny	<b>Yoga</b> Rene'	<b>Gentle Yoga</b> Rene'		

### Class Descriptions:

**Step:** Step up on, straddle and lunge off of our 4 inch platform to build cardiovascular endurance and enhance low body strength. Platforms can be raised by 2 inch increments to obtain desired stepping height.

**Basic Step:** Basic choreography set to moderate tempo—for beginners and older adult. 30 minutes

**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:** Dance the Merengue, Salsa, Cumbia and more-- for beginners and older adult. 45 minutes

**Body Bar:** 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.

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

**Body Bar w/Cardio Intervals:** Weighted bar work with intervals of cardio work to give you a 2-in-1 workout!

**Body Bar w/Kickbox Intervals:** 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.

**Platform Drills:** Resistance & cardio drills using a variety of props repeated circuit-style on a platform that gets progressively higher on every circuit!

**1/2 & 1/2:** 30 minutes each of 2 different styles of classes.

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

**Upper Body:** Resistance exercises focusing on upper body strength.

**Core:** Resistance props are utilized to challenge core muscle strength. May include Pilates-inspired movement.

**SilverSneakers® Muscular Strength & Range of Movement:** 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® Cardio 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.

**Pilates:** Build balance and core strength with exercises focusing on spine extension, flexion, and rotation through joint stabilization. Sticky mat recommended; no shoes, please.

**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; no shoes, please.

**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; no shoes, please.

**SilverSneakers® YogaStretch:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Gentle Yoga:** A very gentle form of yoga with minimal transition work focusing on complete and total release of the entire body. This class is all about flexibility and release. Sticky mat recommended; no shoes, please.

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

February 6-11

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
5:30- 6:30am	Stacy				Rene'	
8:30- 9:30am		Becky		Bryson		9-10am Tabatha
6:00- 7:00pm	Amy			Becky		

**Please pick up a cycling card at the front desk 15 minutes before class.**  
Towel and water bottle highly recommended. Stiff-soled shoes also recommended.  
SPD clipless pedals available on **some** of the bikes.  
First come, first serve.



# Water Aerobics

February 6-11








	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
8:30- 9:30am	Rene'		Becky		Brittany

**Please be sure to dry off before entering shower and locker room.**  
**Use extreme caution when walking on tile floors. They are very slippery when wet.**  
*Stay on rubber matting.*



# Floor Aerobics

February 13-18

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
8:30 am	<b>Body Bar Bootcamp</b>  Brittany	<b>SilverSneakers® Muscular Strength</b>  Diane	 <b>ZUMBA®</b>  Becky	<b>SilverSneakers® Muscular Strength</b>  Rene'	<b>Core &amp; More</b>  Diane	9:00 am 1/2 & 1/2 Step & Strength  Allison
9:45 am	<b>Kickbox w/Core Intervals</b>  Alexandra	<b>Pilates</b>  Rene'	1/2 & 1/2 <b>Basic Step &amp; Strength</b>  Alexandra	<b>Yoga</b>  Tabatha	<b>20/20/20</b> Step/Low/Upper Body  Rene'	10:15 am  <b>ZUMBA®</b> Rene'
11:00 am	<b>SilverSneakers® Cardio Circuit</b>  Rene'	<b>Basic</b>  <b>ZUMBA®</b> Becky	<b>Gentle Yoga</b>  Rene'	<b>Basic</b>  <b>ZUMBA®</b> Rene'	<b>SilverSneakers® YogaStretch</b>  Rene'	
5:45 pm	 <b>ZUMBA®</b> Becky	<b>Body Bar w/Cardio Intervals</b>  Kerri	 <b>ZUMBA®</b> Rene'	<b>Circuit</b>  Kim		
7:00 pm	<b>Yoga</b>  Lisa Jo	 <b>ZUMBA®</b> Ginny	<b>Yoga</b>  Rene'	<b>Gentle Yoga</b>  Rene'		

**Class Descriptions:**

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**Basic Step:** Basic choreography set to moderate tempo—for beginners and older adult. 30 minutes

**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:** Dance the Merengue, Salsa, Cumbia and more-- for beginners and older adult. 45 minutes

**Body Bar:** 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.

**Body Bar w/Cardio Intervals:** Weighted bar work with intervals of cardio work to give you a 2-in-1 workout!

**Body Bar Bootcamp:** A cardio/strength conditioning class, utilizing weighted Body Bars that will push you to give it your all! You may experience track running, intense drill work, jump roping, and/or plyometric exercises.

**Kickbox w/Core Intervals:** Punch, kick, squat and lunge in our high-energy, low/high-impact aerobic kickboxing workout with intervals of core training (props may be used).

**Circuit:** A series of exercises performed in a cycle with little rest in between sets/stations to keep the heart rate up.

**1/2 & 1/2:** 30 minutes each of 2 different styles of classes.

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

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

**Upper Body:** Resistance exercises focusing on upper body strength.

**Core:** Resistance props are utilized to challenge core muscle strength. May include Pilates-inspired movement.

**Core & More:** A balancing and toning class emphasizing the importance of core strength in overall movement.

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**SilverSneakers® Cardio 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.

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8:30- 9:30am		Rene'		Tabatha		9-10am Stacy
6:00- 7:00pm	Rene'			Stacy		

**Please pick up a cycling card at the front desk 15 minutes before class.**  
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