



Group Fitness-JANUARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Beth	Insanity Rene'	Cycle Beth	Insanity Rene'	Cycle Rene'	NO CLASSES SATURDAY, JANUARY 1ST
8:30 am 9:00 am 9:15 am	8:30 Water Tabatha 8:30 Tone & Tighten Nancy	9:00 Water Maureen 8:30 Zumba Yutty 8:30 Cycle Alana	8:30 Water Stephanie Barbara 12 th 8:30 Pilates Matwork Rene'	9:00 Water Carol 8:30 Brain & Body Teresa 8:30 Cycle Bryson	8:30 Water Teresa 8:30 Zumba Yutty	9:00am Water Carol-8 th 22 nd Maureen-15 th 29 th 9:15am Floor Step w/Intervals-Alexandra 8 th Zumba-Yutty 15 th Tabata-Karen 22 nd Cardio/Strength Circuit-Kerri 29 th 9:15am Cycle Beth-8 th Lana-15 th 22 nd Ashley-29 th
9:45 am	SilverSneakers Classic Tabatha	Step & Strength Nancy	SilverSneakers Circuit Rene'-5 th 19 th Barbara- 12 th 26 th	Flow Yoga Bryson	Tone & Tighten Nancy	
11:00 am	Gentle Yoga Tabatha		Gentle Yoga Tabatha			
4:00 pm 4:30 pm	4:00 Cycle/HIIT Alana		4:00 Cycle Alana	4:30 Zumba Yutty		
5:45 pm	HIIT w/Kerri 3 rd 17 th 31 st Tabata w/Karen 10 th 24 th Cycle Ashley	Cycle Beth	Barre Beth- 5 th 19 th Rene'- 12 th 26 th	Cycle Ashley Rene'-13 th		
6:30 pm				Gentle Stretch Rene'		

CLASS DESCRIPTIONS

Cycle: 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.

Cycle/HIIT: 25-30 minutes of heart-pumping cardio on the bike, followed by 25-30 minutes of HIIT in the aerobic studio (no cleated shoes in aerobic studio, please)—see **HIIT** description below

HIIT: High Intensity Interval Training—Be prepared for a workout!

***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!

Step & Strength: Adjust the height of your Step for the perfect cardio session in this combo class that incorporates strength building exercises using a variety of props either interval style or as an entire half hour back-to-back non-stop workout.

Cardio/Strength Circuit: High-energy movements and strength building exercises performed in a cycle with rest in between sets/stations. All levels welcome!

Intervals: Bursts of high intensity work alternated with periods of rest or low activity.

Tabata: Work at your own pace, performing as many repetitions of prescribed exercise for 20 seconds followed by 10 seconds of rest. Exercises may include studio props. All levels welcome!

Insanity: 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.

***Tone & Tighten:** Tone and tighten your body from head to toe, using hand weights, bands, balls and platform. Toning exercises, which may include occasional barre exercises, are set to great music for a fun class, guaranteed! All levels and ages welcome

Barre: This class starts with vertical core/barre work to target hip/glute complex and enhance balance and posture, followed by *light weight/high rep* toning for the arms, upper back and shoulders, finishing with matwork using light, handheld weights and a small ball. Bare feet encouraged--shoes or sticky socks can be worn.

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.

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.

***Pilates:** Build balance and core strength with exercises focusing on spine extension, flexion, and rotation through joint stabilization. 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.

***Gentle 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.

***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.

***Brain & Body:** For our active aging members—Enjoy movement, games & drills that will help improve brain function, maximize reaction time & enhance left & right brain interaction through movement and play.

***Water:** Properties of rebound, speed, travel, surface and suspension are utilized for a well-balanced water workout. Props, such as noodles and/or handbells may be used for stability and added resistance. *Class held outdoors—indoors if inclement weather*

***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