



Group Fitness MAY



NO CLASSES MAY 30TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Beth-2 nd NO CLASS 9 th Ashley-16 th 23 rd	Insanity Rene'	Cycle Beth-4 th Rene'-11 th 18 th Ashley-25 th	Insanity Rene'	Cycle Rene'	9:00am Water 7 th 21 st -Carol 14 th 28 th -Maureen 9:15am Floor 7 th -Zumba w/Yutty 14 th -Tabata w/Karen 21 st -Barre w/Alexandra 28 th -Zumba w/Yutty 9:15am Cycle 7 th -Ashley 14 th -Marissa 21 st 28 th -Lana
8:30 am	Water Tabatha Tone & Tighten Nancy	Zumba Yutty Monica-24th Cycle Rene'	Water Stephanie Pilates Matwork Rene'	Brain & Body Teresa NO CLASSES AFTER 20 th Cycle Bryson	Water Teresa Rene'-27 th Zumba Yutty	
9:00 am		Water Maureen		Water Carol		
9:45 am	SilverSneakers Classic Tabatha	Step & Strength Nancy	SilverSneakers Circuit Barbara-4 th 18 th Rene'-11 th 25 th	Flow Yoga Bryson	Tone & Tighten Nancy	
11:00 am	Gentle Yoga Tabatha		Gentle Yoga Tabatha		Gentle Yoga Tabatha	
4:00 pm 4:30 pm			4:00 Cycle Alana	4:30 Zumba Yutty NO CLASS-26 th		
5:15 pm 5:45 pm	5:45 Tabata Karen-9 th Rene'-16 th 23 rd 5:45 Cycle Ashley	5:15 Zumba Yutty Monica-24th 5:45 Cycle Beth-3 rd Rene'-10 th 17 th Lana-24 th 31 st	5:45 Barre Beth-4 th Rene'-11 th 18 th 25 th	5:15 Cycle Rene'		
6:30 pm	5:45 Cycle starts 16th!!!			Gentle Stretch Rene'		

BEGINNERS CYCLE
(30 minutes)
Mondays & Wednesdays
8:30am
w/Alana

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.

***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.

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 incorporates basic barre exercises to target hip/glute complex and enhance balance and posture. High repetition exercises are used to strengthen arms, upper back and shoulders. Props may include light weights, mat and 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