



Group Fitness

JUNE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Ashley-6 th 13 th Rene'-20 th 27 th	Insanity Rene'	Cycle Rene'	Insanity Rene'	Cycle Rene'	9:00am Water-INDOORS 4 th -Maureen 11 th 18 th -Carol 25 th -Teresa
8:30 am	Water-OUTDOORS Rene'-6 th 13 th Maureen-20 th 27 th Tone & Tighten Nancy	Zumba Yutty Cycle Rene'-7 th 14 th NO CLASS-21st 28th	Water-OUTDOORS Stephanie-1 st 8 th 22 nd 29 th Teresa-15 th Pilates Matwork Rene' NO CLASS-22nd	Cycle Bryson-2 nd 9 th 16 th 23 rd Rene'-30 th	Water-OUTDOORS Teresa-3 rd 10 th 24 th Maureen-17 th Zumba Yutty	9:15am Floor 4 th -Kickbox w/Strength (Alexandra) 11 th -20/20/20 (Alexandra) <i>(see class descriptions for more info)</i> 18 th -Tabata (Karen) 25 th -Zumba (Yutty)
9:00 am 9:30 am		Water-INDOORS Maureen	9:30-10:00 Ai Chi Teresa SPECIAL DAY 15th ONLY	Water-INDOORS Carol	9:30-10:00 Ai Chi Teresa FRIDAYS ONLY NO CLASS 17th	9:15am Cycle 4 th 11 th -Ashley 25 th -Marissa NO CLASS-18th
9:45 am	SilverSneakers Classic Rene'-6 th 13 th Nancy-20 th 27 th	Step & Strength Nancy	SilverSneakers Circuit Rene'-1 st 15 th Barbara-8 th 29 th Nancy-22 nd	Flow Yoga Bryson-2 nd 9 th 16 th 23 rd Jessi-30 th	Tone & Tighten Nancy	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;">Ai Chi (30 minutes) Fridays 9:30 w/Teresa</p> <p>Ai Chi is a combination of yoga, Tai Chi and Qijong. The gentle aqua class uses breath and movement connection to improve range of motion, flexibility and balance. Because Ai Chi is practiced in the water with music, participants enter in a state of relaxed awareness which can help to decrease stress, depression & insomnia. <i>Please note: Water temperature may be cooler than optimal in June. Aqua shirts are recommended to help keep muscles and joints warm.</i></p> <p>Ai Chi Wed 15th in place of Fri 17th</p> </div>
11:00 am				<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>Check out these new offerings!</p> </div>	11:00 Cycle Marissa-10 th & 24 th	
12:00 pm					12:00 Line Dance Marissa-10 th & 24 th	
4:30 pm				4:30 Zumba Yutty	<div style="border: 2px solid black; padding: 10px;"> <p>"Fun in the Sun" POOL PARTY! Friday, June 10th 8:30-9:30am Come CELEBRATE moving to outdoor pool with us! <i>Light refreshments available</i></p> </div>	
5:15 pm 5:45 pm	5:45 Tabata Rene'-6 th 13 th Karen-20 th 27 th 5:45 Cycle Ashley-6 th 13 th Marissa-20 th 27 th	5:15 Zumba Yutty 5:45 Cycle Lana	5:45 Barre Rene' NO CLASS 22nd	5:30 Cycle Rene'-2 nd 9 th 30 th Ashley-16 th NO CLASS 23rd		
6:30 pm				Gentle Stretch Rene' NO CLASS-16th 23rd		

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

Kickbox w/Strength: *Punch, kick, squat and lunge* in our high-energy, low/high-impact aerobic kickboxing workout with intervals of strength training using a variety of props.

20/20/20: 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1! **Saturday, June 11th 9:15am Step/Strength/Pilates with Alexandra**

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