



# Group Fitness AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	<b>Cycle</b> Beth	<b>Insanity</b> Rene'	<b>Cycle</b> Beth	<b>Insanity</b> Rene'		<b>9:00am Water-INDOORS</b> 6 <sup>th</sup> Carol 13 <sup>th</sup> -Teresa 20 <sup>th</sup> 27 <sup>th</sup> -Maureen  <b>9:15am Floor</b> 6 <sup>th</sup> 20 <sup>th</sup> 27 <sup>th</sup> -Zumba w/Yutty <b>NO CLASS 13<sup>TH</sup></b>  <b>9:15am Cycle</b> 6 <sup>th</sup> -Lana 13 <sup>th</sup> 20 <sup>th</sup> -Beth 27 <sup>th</sup> -Marissa
8:30 am	<b>Water-OUTDOORS</b> Teresa-1 <sup>st</sup> 15 <sup>th</sup> Rene'-8 <sup>th</sup> Barbara-22 <sup>nd</sup> 29 <sup>th</sup>  <b>Tone &amp; Tighten</b> Nancy	<b>Zumba</b> Yutty  <b>Cycle</b> Beth	<b>Water-OUTDOORS</b> Stephanie (Teresa 17 <sup>th</sup> )  <b>Pilates Matwork</b> Rene'	<b>Cycle</b> Bryson (Alana 11 <sup>th</sup> )	<b>Water-OUTDOORS</b> Teresa (Maureen 26 <sup>th</sup> )  <b>Zumba</b> Yutty <b>NO CLASS 12<sup>TH</sup></b>	
9:00 am		<b>Water-INDOORS</b> Maureen		<b>Water-INDOORS</b> Carol/Maureen	<b>9:30-10:00 Ai Chi</b> Teresa <b>NO CLASS 26<sup>TH</sup></b>	
9:45 am	<b>SilverSneakers Classic</b> Nancy	<b>Step &amp; Strength</b> Nancy	<b>SilverSneakers Circuit</b> Rene'-3 <sup>rd</sup> 10 <sup>th</sup> 17 <sup>th</sup> Barbara-24 <sup>th</sup> 31 <sup>st</sup>	<b>Flow Yoga</b> Bryson (Jessi 11 <sup>th</sup> )	<b>Tone &amp; Tighten</b> Nancy (Yutty 5 <sup>th</sup> )	
11:00 am	<b>POP-UP CLASS</b> 30 MINUTE HIIT BODY WEIGHT w/Alana Thursdays August 4 <sup>th</sup> , 25 <sup>th</sup> 8:45am	<b>Gentle Yoga</b> <b>Stretch</b> Jessi <b>NO CLASS 16<sup>TH</sup></b>		<b>Gentle Yoga</b> <b>Stretch</b> Bryson (Jessi 11 <sup>th</sup> )	<b>Line Dance</b> 5 <sup>TH</sup> & 19 <sup>TH</sup> ONLY Marissa	
4:30 pm				<b>4:30 Zumba</b> Yutty <b>NO CLASS 11<sup>TH</sup></b>		
5:45 pm		<b>5:15 Zumba</b> Yutty <b>5:45 Cycle</b> Beth <b>NO CLASS 23<sup>RD</sup></b>		<b>5:45 Cycle</b> Lana (Marissa 25 <sup>th</sup> )		
6:30 pm				<b>Gentle Stretch</b> Rene' <b>NO CLASS-25<sup>TH</sup></b>		

**BEGINNERS CYCLE**  
 (30 minutes)  
 Mondays & Wednesdays  
 8:30am  
 w/Alana  
**NO CLASS-15<sup>TH</sup>, 17<sup>TH</sup>**

## 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.

**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

**20/20/20:** 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1! **Saturday, July 30<sup>th</sup> 9:15am Step/Strength/Pilates with Alexandra**

**Gentle Yoga Stretch:** 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.

**\*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.

**\*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*

**\*Ai Chi:** A combination of yoga, Tai Chi and Qijong, this 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. *Please note: Water temperature may be cooler than optimal in June. Aqua shirts are recommended to help keep muscles and joints warm*

**\*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***