



# Group Fitness SEPTEMBER

**Happy Labor Day!**  
No classes Monday the 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	<b>Cycle</b> Taylor-12 <sup>th</sup> Rene'-19 <sup>th</sup> Tabatha-26 <sup>th</sup>	<b>Insanity</b> Rene' Kerri-13 <sup>th</sup> , 27 <sup>th</sup>	<b>Cycle</b> Taylor-7 <sup>th</sup> , 21 <sup>st</sup> Tabatha-14 <sup>th</sup> , 28 <sup>th</sup>	<b>Insanity</b> Rene' Kerri-15 <sup>th</sup>		<b>9:00am Water-INDOORS</b> Maureen-3 <sup>rd</sup> , 24 <sup>th</sup> Taylor-10 <sup>th</sup> Carol-17 <sup>th</sup>
8:30 am	<b>Water-OUTDOORS</b> Tabatha  <b>Tone &amp; Tighten</b> Nancy	<b>Cycle</b> Rene'-6 <sup>th</sup> , 20 <sup>th</sup> Tabatha-13 <sup>th</sup> , 27 <sup>th</sup>  <b>Zumba</b> Yutty	<b>Water-OUTDOORS</b> Stephanie  <b>Pilates Matwork</b> Rene'-7 <sup>th</sup> , 21 <sup>st</sup> Taylor-14 <sup>th</sup> , 28 <sup>th</sup>	<b>Cycle</b> Bryson  <b>Brain &amp; Body</b> Teresa STARTS 22 <sup>ND</sup>	<b>Water-OUTDOORS</b> Teresa (Rene'-23 <sup>rd</sup> )  <b>Zumba</b> Yutty	<b>9:15am Floor</b> Zumba w/ Yutty-3 <sup>rd</sup> , 24 <sup>th</sup> 20/20/20 w/ Alex-10 <sup>th</sup> Tabata w/ Kerri-17 <sup>th</sup> <b>9:15am Cycle</b> Lana-3 <sup>rd</sup> , 17 <sup>th</sup> Marissa-10 <sup>th</sup> , 24 <sup>th</sup>
9:00 am		<b>Water-INDOORS</b> Maureen		<b>Water-INDOORS</b> Maureen-1 <sup>st</sup> , 8 <sup>th</sup> Carol-15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	<b>9:30-10:00 Ai Chi</b> Teresa NO CLASS 23 <sup>RD</sup>	
9:45 am	<b>SilverSneakers Classic</b> Tabatha	<b>Step &amp; Strength</b> Nancy	<b>SilverSneakers Circuit</b> Barbara-7 <sup>th</sup> , 28 <sup>th</sup> Tabatha-14 <sup>th</sup> Rene'-21 <sup>st</sup>	<b>Flow Yoga</b> Bryson	<b>Tone &amp; Tighten</b> Nancy	<b>WHAT'S UP THIS MONTH?</b>
11:00 am	<b>Gentle Yoga Stretch</b> Tabatha	<b>Gentle Yoga Stretch</b> Jessi	<b>Gentle Yoga Stretch</b> Tabatha	<b>Gentle Yoga Stretch</b> Bryson	<b>Gentle Yoga Stretch</b> Tabatha	<b>Brain and Body</b> 8:30am Thursdays (starting 22nd-2 <sup>nd</sup> floor studio)
12:00 pm					<b>Line Dance</b> Marissa 2 <sup>nd</sup> , 16 <sup>th</sup> , 30 <sup>th</sup>	
4:30 pm		<b>Zumba</b> Yutty		<b>Zumba</b> Yutty		<b>30 min Beginner Cycle w/Alana</b> 8:30am Mon & Wed (see front desk for info)
6:00 pm	<b>HIIT/Tabata</b> 45 min Taylor-5 <sup>th</sup> , 12 <sup>th</sup> , 26 <sup>th</sup> Karen-19 <sup>th</sup>		<b>Yoga</b> Tabatha	<b>Cycle</b> 45 min Lana-15 <sup>th</sup> , 29 <sup>th</sup> Marissa-8 <sup>th</sup> , 22 <sup>nd</sup>		<b>30 min HIIT w/Alana</b> 8:45am Thursday (1 <sup>st</sup> & 15 <sup>th</sup> ) (see front desk for info)

Time change

## 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.

**HIIT/Tabata:** High Intensity Interval Training, using the tabata design of 20 seconds of work, followed by 10 seconds of rest.

**\*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, September 10<sup>th</sup> 9:15am Cardio/Barre/Core with Alexandra**

**Cardio:** Elevate the heart rate **Barre:** Enhance balance and agility **Core:** Tone core complex

**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.

**\*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*

**\*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**

*A special note to all of our members*

*~I want to extend a BIG "Thank You" for the opportunity to represent you as the Sports Center Group Fitness Coordinator for over 20 years!  
You ALL have been such an inspiration to me-more than you know! Thank you for supporting me in my efforts to meet your needs in our group fitness department!  
Please join me in congratulating our new Group Fitness Coordinator, Tabatha Mann! Tabatha will excel in this position because she has all of YOU behind her!*

*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!*

*Tabatha Mann, Group Fitness Coordinator*