

# GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Sculpt 6AM (60min) Cheryl Z.		HIIT 6AM (60min) Cheryl Z.	Spinning 6AM (45min) Angela	Circuit Sculpt 6AM (60min) Cheryl Z.	
	Pilates 8AM (60min) Lisa			TRX 8AM (45min) Amanda	Spinning 8:30AM (60min) Rotating Instructor
Spinning 8:30AM (45min) Angela	Spinning 8:45AM (45min) Christine	TRX Circuit 8:45AM (45min) Edie	Spinning 8:45AM (45min) Dawn	Spinning 8:45AM (45min) Christine	Zumba 8:45AM (60min) Carolyn
Total Body Conditioning 9AM (45min) Lisa/Sam	Barre 9AM (45min) Lisa	TRX Circuit Reloaded 9:30AM (45min) Edie	Pilates 9AM (60min) Jean	Total Body Conditioning 9AM (45min) Sam	Yoga Flow 9:45AM (60min) Rotating Instructor
Mindful Yoga 10AM (60min) Eryn	SilverSneakers Classics 10AM (60min) Carolyn	Yin Yoga 10:30AM (60min) Cheryl M.	SilverSneakers Classics 10AM (60min) Jean	Cardio Drumming 10AM (60min) Carolyn	
				Conscious Yoga 11:15AM (60min) Deirdre	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	GROUP FITNESS INFORMATION	
Spinning 6PM (60min) Chris	Total Body Conditioning 5PM (45min) Leslie			<p><b>Pre-registration required. Registration opens each Monday at 12AM online.</b></p> <p><b>Class participation must be more than 3 people 24 hours in advance to run. Less than 3 people, we may cancel.</b></p> <p><b>No call /no show subject to \$10 charge.</b></p>	
Functional Fitness 6PM (45min) Beau	Yoga Building Blocks 6PM (60min) Jean	Spinning 6PM (60min) Chris	Subtle Strength Yoga 6PM (60min) Jean		

Updated: 09/01/2024

**BARRE:** This low impact class combines Pilates, dance, and functional fitness training. We incorporate small isolated movements to fatigue muscles, a large range of motion to elevate the heart rate, and sequencing that incorporates the upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

**CARDIO DRUMMING:** Come and sweat to great tunes and get moving! This class will work on your cardiovascular and tone your lower body as well. Several levels are demonstrated and you will have fun!

**CIRCUIT SCULPT:** This strength-based workout challenges every muscle group using a wide variety of equipment and short bursts of cardio.

**CONSCIOUS YOGA:** A creative fusion of qigong warm ups, dynamic yin-yang vinyasa and holding poses, breathwork and mindfulness. We will build strength and cardiovascular capacity by linking postures with flowing vinyasas to develop core stability, hip and shoulder opening and spinal flexibility with variations offered for all levels. (Intensity: Gentle/Moderate)

**TOTAL BODY STRENGTH & CONDITIONING:** Whether you're using weights or your own body, this class changes every time to keep you challenged. Draws on other formats (like Barre, Bootcamp and HIIT) to create variety.

**TRX Circuit:** We will use the TRX Suspension Trainer and other tools/formats (that's the Plus!) for a full-body workout. In each class we hit legs, chest, back, shoulders, arms, and abs! You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

**FUNCTIONAL FITNESS:** This high intensity, total body workout incorporates balance, core and strength exercises throughout. Beau will put the FUN in functional!!

**YIN YOGA:** An energizing flow of postures that are geared toward beginners and those who prefer to take it slow. This class will also explore Yin yoga, where poses are held for longer increments of time.

**HIIT:** Equipment use is minimal, but this high intensity interval class takes calorie burn to the max! Expect to work hard as you tackle a circuit that challenges cardiovascular and muscular strength and endurance.

**YOGA BUILDING BLOCKS – LEARNING AND PRACTICING BASICS:** Appropriate for anyone brand new to yoga or looking for a class that is not focused on vinyasa (flow). The class will focus on basic poses, alignment, breath, and building the skills required to be able to join any yoga class. We will spend time getting into poses then hold to build strength. We will also use Somatic techniques and Yin to increase ease and flexibility. Please bring: 1 or 2 yoga mats and a stiff blanket or several beach towels. Requirements: Must be able to get up and down from the floor without help. (Intensity: Gentle/Moderate)

**PILATES:** Become firm, fit and flexible with a flowing repertoire of stretching, strengthening and stabilizing exercises. Reshape your body and rethink your workout using this total body conditioning exercise!

**SUBTLE STRENGTH YOGA:** We quiet the mind then put it to work with empowering poses to strengthen the whole body. Focus on the proper alignment and endurance for all levels of participants. The key to safety is building strength over time. So commit to feeling and being mind-body strong.

**SILVER SNEAKERS CLASSIC:** Focus on muscular strength and range of motion to ultimately increase agility, improve functional capabilities and your fitness level while boosting your sense of well-being.

**SLOW FLOW YOGA:** This class focuses on the exploration of basic yoga poses. Postures are broken down and modifications are offered as we flow and connect attention to breath, alignment and mindfulness. All levels are welcome. (Intensity: Moderate)

**SPINNING:** This cardio workout isn't boring! Challenge your mind, push your strength and improve your endurance. All levels are welcome.

**ZUMBA:** The fusion of Latin and International music creates a dynamic dance party that doubles as an effective workout. You'll burn calories and tone your body in this high-energy class. Modifications will be taught to include all dancers. You'll have a great time dancing "around the globe".

**MINDFUL YOGA:** This gentle yoga class offers a mix of meditation and yoga stretches. This class includes breathwork exercises as well as savasana/meditation at the end.