

GROUP EXERCISE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Large 5:30am	Bootcamp Jenna		Spin & Tone Summer		Bootcamp Jenna	
Large 8:00am	Pilates Michelle		Pilates Kendra		Pilates Michelle	
Large 9:00am	Zumba® Toning Robin	Zumba® Bronwyn	Zumba® Toning Robin	Zumba® Natalie	Zumba® Bronwyn	Zumba® Ashleigh
Gym 9:00am	Kettlebells Total Body Sharra		Circuit Kettlebells Sharra			
Small 9:00am			Line Dancing Jenny			
Pool 9:00am	Silver Sneakers Splash Michelle				Water Ex H.I.I.T Michelle	
Large 10:00am	Total Body Tabata Sharra	PILOXING® Bianca	Butts & Guts Sharra	Step Mary	PILOXING® Bianca	Body Shred Jenna
Small 10:00am			Interval Mary			
Large 11:00am	Interval Mary	Silver Sneakers Classic Mary	Tabata Style Kickboxing Sharra	Silver Sneakers Classic Mary	Interval Mary	
Large 5:00pm	Barre Jenna			Cycle Core Jenna		
Large 6:00pm	Zumba® Layna	Total Body Sharra	Zumba® Layna	PiYo Jenna		

The last Friday of every month is a 75 minute
Zumba® Burn Class

(All classes must have a consistent minimum of seven
participants to continue on schedule)

LET'S GET
FIT TOGETHER



Class Descriptions

Barre: This class uses the ballet barre to focus postural strength and alignment, sculpting the upper body, lower body, abs and flexibility training.

Body Shred: In this class, you will strengthen your entire body in ways you never knew you could! Start your weekend off right!

Butts & Guts: You will work your glutes and core better than ever before in this strength training class. More than just your typical core conditioning class, you will also get a lower body workout while learning to engage your core through the movements.

Circuit Kettlebells: This class will keep you guessing with using kettlebells for strength training, but constantly moving from one circuit to another using various equipment to take your workout to the next level! You get to work at your own pace and have a smile while doing it!

Cycle Core: Strengthen body with a mixture of spin and core! You will be on and off the bike in the class for a full workout.

Interval: This class incorporates cardio and strength work in various interval time periods to consistently keep the heart and lungs working to adapt to the challenge. By working in this format regularly the body's metabolic rate can be increased, making it more efficient in caloric consumption and weight loss. A fun challenge and easily adapted for beginner to advanced athletes.

Kettlebells Total Body Toning: This class uses a variety of resistance training techniques to improve muscular strength and endurance. Along with kettlebell strength training, plyometric movement and body weight exercises will be used to develop muscle definition and add lean muscle mass.

Line Dancing: Aerobic workout based on popular line dances set to a fun blend of music including country and pop. This is ideal for adults of all ages & abilities.

Pilates: This class will strengthen the core, improve flexibility, mobility and create a stronger mind-body connection. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. All fitness levels will benefit.

PILOXING®: Non-stop cardio workout! PILOXING is a fusion of standing pilates, boxing, and dance! *Preferred barefoot but shoes are allowed.

PiYo: A total-body fitness class designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

Silver Sneakers Classic: This class is designed to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers Splash: Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Spin & Tone: Classes use stationary bike to simulate techniques professionals use to train for various terrains such as mountains, long flat rides, sprints and even strength and endurance. You will also be off the bike for strength circuits for a full body workout

Step: Participants use raised platforms - which use risers to adjust height based on level of ability - for a cardio-choreographed class set to music to focus on cardio endurance.

Tabata Style Kickboxing: This class follows the tabata style training format adding in the basics of kickboxing. You will have a partner and learn the proper techniques of jabs, cross overs, hooks, and more!

Total Body Tabata: Tabata training is a type of high intensity interval training that follows a specific format: 30 seconds of a very high intensity exercise (e.g., sprints) 10 seconds of rest. Repeat each circuit of four twice.

Water Ex H.I.I.T: HIIT involves brief bursts of very high-intensity work followed by a recovery period. Buoyancy properties allow you to move with ease, which in turn allows you to work out at a higher intensity with less impact on the body. Water provides between 4 and 42 percent more resistance than air due to the water's viscosity, which creates resistance in all directions of movement and provides a cardiovascular overload that is perfect for your HIIT workouts.

Zumba®: This fun class combines Latin, African, salsa, hip hop and even some basic ballroom movements to create a great cardiovascular and core workout. No previous dance experience necessary.

Zumba® Toning: This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.