

Group Fitness

NOVEMBER 2017

Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	Muscle Monday Karen <i>*45 minute class</i>	Tabata Karen <i>*45 minute class</i>	Pi-Yo Susan <i>*45 minute class</i>	Bosu Core Karen <i>*45 minute class</i>	New Body Challenge Susan <i>*45 minute class</i>		
8:00am	Drumming Susan	Pi-Yo Susan	Zumba Gold Rosa	Hatha Yoga Susan	Boot Camp Lynnette	Tabata Karen	
9:00am	Body Sculpting Michele	Zumba Lynnette	Cardio Circuit Michele	Body Conditioning Susan	Core & More Aisha	Body By Barre Carmen	
11:00am	SilverSneakers Circuit Margie <i>*Advanced Class*</i>	SilverSneakers Classic Margie	SilverSneakers Yoga Regina	SilverSneakers Classic Margie	SilverSneakers Yoga Regina		

Afternoon Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm		Yoga Meena		New Tabata Susan			
6:30pm		New Drums Alive Elone	Gutts & Butts Susan	Basic Yoga Regina			
7:30pm	New HIIT Michele	Zumba Gold Elone	Pi-Yo Susan				

6 Visit Fitness Punch Passes Available!

Members

Boarding Pass Plus: \$30.00

Boarding Pass: \$36.00

Non-Members

Non-Member Resident: \$42.00

Non-Member Non-Resident: \$48.00

Drop-In: \$9

Basic Yoga: Finally a Yoga Class that anyone can do! Easy to follow with the right amount of flowing combinations.

Body by Barre: (B3) The latest form of training. The class is designed to lengthen and sculpt muscles, increase flexibility and change the body to be dynamically strong. Barre combines yoga, pilates and ballet barre conditioning.

Body Challenge: Utilizing many different tools to sculpt your muscles for a toned lean body. Different variations of cardio and strength training to give you the best results. Push yourself out of your comfort zone and take your fitness to a whole new level.

Body Sculpting: A total body workout involving body weight exercises, hand weights, stability balls and resistance tubing, designed to sculpt the body and increase muscular endurance. This class is fun, effective and for all levels of fitness.

Boot Camp: Interval training. Bursts of intense activity alternated with intervals of light activity. Drills, sprints, body weight exercises.

Cardio Circuit: This class alternates intervals of strength & cardio movements using a variety of equipment as well as your own body weight. This ALL LEVEL class is a toning & cardio workout in one with a emphasis on intensity options & modifications for optimal results.

Core & More: Zoning in on your core using contemporary body sculpting movements. Utilizing stability balls, resistance tubing, Pilates power ring, and more to enhance all of your muscles while shaping, defining, and strengthening your body. Beginner to advanced.

Drum Alive: Combines aerobic movements with the powerful beat and rhythm of drums. This class offers a fast paced workout that can burn up to 400 calories.

Drumming: Feel and experience the pulsating rhythms, dynamic movement, and powerful percussions of this new high-energy dance and rhythm program. Combines traditional aerobic movements with the powerful beat and rhythms of the drums.

Gutts & Butts: A cardio warm up using the step bench then standing muscle engagement, progressing to floor work with more glut and hamstring engagement. Abdominal exercises will include all 5 parts of the Abs. A variety of equipment is used.

Hatha Yoga: A series of yoga moves and poses linked with your breathing.

HIIT: (High Intensity Interval Train) This is a total body strength and conditioning class. It will incorporate high impact movements to get your heart going into a fat burning zone quickly and keeps you there for short intervals while employing brief rest periods for recovery. The second half of the class will involve muscle pumping exercises to build, tone and strengthen muscles.

Muscle Monday: This is a traditional weight training class that will focus on all of the major muscle groups. **45 minute class**

Pi-Yo: A pilate/yoga infused class that keeps you moving and keeps the calories burning. *(*Wed 5:15am class is 45minutes.*)*

SilverSneakers Circuit: ** Advanced Class** 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 nonimpact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. (Pre requisite: 2 - 3 months of SilverSneakers Class)

SilverSneakers Classic: Have fun and move to the music though a series of exercises designed to increase muscular strength, range of movements ,and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers Yoga: Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movements. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tabata: 20 Second Interval work followed by 10 seconds of rest repeated 6-8 times per exercise, focusing on every inch of the body for a great calorie burn. *(*Tues 5:15am class is 45 minutes*)*

Yoga: This class will teach you to mindfully open and strengthen yourself while honoring your specific needs.

Zumba: Latin inspired dance fitness class using hypnotic rhythms. You will experience such dances as the merengue, flamenco, belly dance, hip hop, cha-cha, tango, reggaeton, cumbia, mambo, and salsa! Burn between 700-1000 calories per class while having tons of fun!

Zumba Gold: Toning for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.