

Group Fitness Schedule (Aerobics Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a	Insanity & More Ben	Pump Liz	Cardio Combo Ben	Pump Liz			
8:30a	Cardio Pump Reann		Cardio Pump Liz		Cardio Pump Gina	8:00 am Pump Moira/Laura	
8:30a	Slimnastics (Mind Body Room) Joy	Slimnastics Debbie B.	Slimnastics (Mind Body Room) Joy	Slimnastics Debbie B.		9:00 am Zumba Colleen	
9:30a	Pump Reann <i>Full</i>	Zumba Debbie B.	Pump Liz	Zumba Debbie B.	Pump Gina		10:15 am Tai Chi Chen Ming
10:45a			Zumba (Mind Body Room) Melanie				
12:00p	Balance for Life Aimee	11:30 am Barre Fitness Liz	Balance for Life Aimee				
4:30p							4:00 pm Zumba Michele K.
5:30p			Insanity Ben	Total Body Conditioning Laura			
6:30p	Pump Laura <i>Full</i>	Zumba Colleen	Barre Fitness Moira	Zumba Kate			
7:30p	Zumba Priscilla						

Spring Session: March 5-April 29, 2018

TRX Schedule (YAC-Youth Activity Center)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a		TRX Renee		TRX Michelle D.			
8:30a				TRX Michelle D.			
9:30a			TRX Renee		TRX Renee		TRX Renee
10:30a							TRX Renee

Indoor Cycling Schedule (Mind Body Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a	Indoor Cycling Julie	6:00 am Yoga Cycle Suzan	Indoor Cycling Michelle D.	6:00 am Yoga Cycle Suzan	Indoor Cycling Suzan		
8:30a		Indoor Cycling Michelle D.					
9:30a				Indoor Cycling Renee		9:00 am Indoor Cycling Michelle	
6:00p		Indoor Cycling Kim		Indoor Cycling Valerie			

Yoga & Pilates Schedule (Mind Body Room)

8:30a			Yoga-Open Levels Renee-YAC				
9:30a	Pilates Mat Natalie		Pilates Mat Natalie		Pilates Mat Natalie	10:15 am Yoga-Open Levels Colleen	
10:45a	Yoga-Open Levels Tarraugh <i>Full</i>	11:30 am Essentials Gay <i>New</i>		Yoga-Open Levels Tarraugh <i>Full</i>		11:15 am Yoga-Vinyasa Tarraugh <i>Full</i>	
4:30p		Yoga-Basics Margarita		Yoga-Basics Margarita			
5:30p			Yoga-Vinyasa Tarraugh <i>Full</i>				
7:15p	Yoga-Open Levels Lucy	Pilates Mat Debbie D.					Revised 3/19/18 Subject to change

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Fitness Class Descriptions (all fitness classes ages 14+)

100% SWEAT – This interval-based class alternates brief, intense bouts of cardiovascular challenge with longer recovery periods, using minimal equipment and athletic-style movements.

BALANCE FOR LIFE – In class, you will be guided through some basic exercises that will help you not only regain what you have lost, but also help improve balance.

BARRE FITNESS – Full body workout that fuses the best elements of ballet, pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching.

CARDIO COMBO – High energy workout combining all of the latest group exercise formats. Boost energy and increase endurance.

CARDIO PUMP – Get your weight workout AND your cardio workout done in the compact one hour interval class.

ESSEINTRICS - Essentrics is a full body workout that changes and aligns your body through strengthening and stretching. The Esmonde-White technique develops lean, strong and flexible muscles that change the overall shape of your body and posture. It draws from Tai-Chi, creating flow & balance; theories of ballet, which creates long, lean & flexible muscles; and the pain relieving principles of Pilates and physiotherapy.

INDOOR CYLING – Whether you are a new rider or a cycling veteran, this class has cardio conditioning, expert instruction and is easy to follow!

INSANITY – A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training, which results in more calories burned, faster results, and a more efficient metabolism. Safe, challenging, and results driven for all fitness levels.

INSANITY & MORE– This class is for men and women who want to take their bodies to the limit. It will always bring a surprise to your system. Many classes will provide HiiT in the famous, Insanity format: all bodyweight, going as hard as you can, making it as intense as you want it to be, to burn fat and build power. Some days will provide resistance exercises and equipment to build strength & stability.

LUNCH EXPRESS CYCLING-Join us for this 45 minutes Indoor Cycling class during your lunch hour.

PILATES MAT – Incredible, portable Pilates Mat class teaches fun and refreshing moves to lengthen and strengthen your body from your core so you move like a dancer through life.

PUMP – A simple, athletic based workout that strengthens, tones and defines every major muscle group in your body - ideal for any fitness level.

SLIMNASTICS - This low intensity, low impact class combines cardiovascular conditioning with strength and flexibility exercises.

STRONG by Zumba™ - combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

TAI-CHI - The very nature of Tai-Chi is suitable for people of all ages. It promotes limber joints, stimulates blood circulation and always leaves you feeling relaxed.

TOTAL BODY CONDITIONING – This dynamic combination class produces an incredibly effective workout through step intervals, kickboxing, and strength intervals with an abs/stretch finish!

TRX – TRX® Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability.

YOGA BASICS – Great for beginners, class will cover use of breath, simple alignment principles and instruction on classic foundational postures.

YOGA-IN THE PARK (SHAW PARK)—Principles of breath and alignment are employed to increase strength, flexibility, and awareness. Taught in dynamic style, alternating movement synchronized with breath with held postures. Bring your own mat or towel. Will return in after Winter session.

YOGA-OPEN LEVELS—Principles of breath and alignment are employed to increase strength, flexibility, and awareness. Taught in dynamic style, alternating movement synchronized with breath with held postures.

YOGA CYCLE—Yoga Cycle is a combination class format that trains your heart and strengthens your lower body with a cycling ride, and then stretches your hard-worked muscles with yoga asanas.

YOGA VINYASA – Flowing sequence of poses synchronized with breath. Here, we will move from one pose to the next, incorporating breath, awareness and alignment principles.

ZUMBA – A fusion of Latin and International music & dance themes create a dynamic, exciting effective fitness workout.

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Water Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15a		Water Aerobics		Water Aerobics			
8:30a						Water Aerobics	
9:15a	Shallow & Deep Water Combo	Water Aerobics	Shallow & Deep Water Combo	Water Aerobics	Shallow & Deep Water Combo		
10:30a	Senior Water Exercise	Water Works!	Senior Water Exercise	Water Works!	Senior Water Exercise		
5:45p	Current Calisthenics		Current Calisthenics				

Water Fitness Class Descriptions (water fitness classes ages 16+)

CURRENT CALISTHENICS - Medium paced exercises that support muscles and joints, improve balance and flexibility, and increase range of motion.

SENIOR WATER EXERCISE – (Ages 60+) Improve overall balance, muscle strength, cardiovascular efficiency, and endurance.

WATER AEROBICS – A fast-paced shallow-water aerobic workout designed to increase cardiovascular performance and build endurance.

SHALLOW & DEEP WATER EXERCISE COMBO – Class includes a warm

up, shallow-water aerobic workout, deep-water resistance and strengthening workout, and a warm-down for relaxation and stretching.

WATER WORKS! – Give special attention to muscles and joints affected by Arthritis, Multiple Sclerosis, Osteoporosis, and Fibromyalgia in this Low-impact class.