



Group Fitness Schedule (Aerobics Room) No Classes 3/13-3/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a	Insanity & More Ben	Strong Echo	Cardio Combo Ben	Strong Echo			
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 Leslie	
9:30a	Pump Reann	Zumba Debbie B.	Pump Liz <i>Full</i>	Zumba Debbie B.	Pump Gina		10:15 am Tai Chi Chen Ming
10:45a							
12:00p	Balance for Life Maurie	11:30 am Barre Fitness Liz	Balance for Life Maurie				
4:30p							4:00 pm Zumba Michele K.
5:30p	H.I.I.T Maurie	POUND Kristen	Insanity Ben	Total Body Conditioning Laura			
6:30p	Pump Laura	Zumba Leslie	Barre Fitness Moira				
7:30p	Zumba Priscilla <i>Full</i>						

Spring Session: March 2 — April 26, 2020

TRX Schedule (GYM 1) No Classes 3/13-3/22

	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 <i>Full</i>
10:30a							TRX Renee

Indoor Cycling Schedule (Mind Body Room) No Classes 3/13-3/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a	Indoor Cycling Renee	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.		Indoor Cycling Renee			
9:30a						9:00 am Indoor Cycling Michelle	9:00 am Indoor Cycling Paul
6:00p		Indoor Cycling Kim		Indoor Cycling Kim/Margaret			

Yoga & Pilates Schedule (Mind Body Room) No Classes 3/13-3/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a			Yoga-Open Levels Renee- Mtg Rm B				
9:30a	Pilates Mat Natalie		Pilates Mat Natalie		Pilates Mat Natalie	10:15 am Yoga-Open Levels Jessica <i>Full</i>	
10:45a	Yoga-Open Levels Tarraugh <i>Full</i>	11:00 am Essentrics Gay	11:00 am Yoga-Mindful Flow Colleen	Yoga-Open Levels Tarraugh <i>Full</i>		11:15 am Yoga-Vinyasa Tarraugh	
4:30p		Yoga-Mindful Flow Jessica		Yoga-Mindful Flow Lisa			
5:30p			Yoga-Vinyasa Tarraugh				
7:15p	6:30 pm Yoga-Open Levels Renee	Pilates Mat Debbie D.					Revised 3/5/20 <u>Subject to change</u>

Spring Session: March 2 — April 26, 2020

Fitness Class Descriptions (all fitness classes ages 14+)

BALANCE FOR LIFE – Balance for Life will work to improve leg strength, posture, and coordination, all of which are key elements of balance. Class is performed both standing and seated, using body weight, dumbbells, resistance tubing & other tools.

BARRE FITNESS – Barre Fitness is a full body workout that blends Pilates, stretching and traditional ballet choreography to define and challenge the body in a whole new way. Small controlled movements, isometric holds, light weights, high repetition and upbeat music are used to work the entire body in a low-impact, high-intensity fun class. The result is a strong core, improved posture & toned muscles!

CARDIO COMBO – This high-energy workout increases metabolism by pushing you through intervals of exercise and recovery. Each day, you will use different equipment, combining both cardio and resistance exercises. Your heart rate will rise, your muscle tone will improve, and your agility will increase.

CARDIO PUMP – This interval class is your cardio and strength workout all in one. Strength intervals mixed with short burst cardio intervals will build endurance and muscle strength. Each class will include various resistance equipment and formats to keep you challenged.

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

H.I.I.T - Blast fat and calories with this high intensity workout. HIIT is a training technique with short, intense, unsustainable bursts of physical activity paired with intervals of quick rest. It will get and keep your heart rate up and burn more fat in less time. Perfect for all fitness levels.

INDOOR CYLING – Indoor cycling offers cardiovascular conditioning, endurance building and lower body strength training. The Stages Cycling bikes help you to set your own goals and track your fitness progress with performance gauged computers and the smooth magnetic resistance. Classes are high energy with a variety of formats including speed work, duration rides, and interval training to challenge both the seasoned outdoor cyclist and new riders. Please arrive on time to set up bike.

INSANITY – INSANITY is 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. INSANITY's interval training has been designed to give participants a safe, challenging results-driven experience, providing a variety of modifications for all fitness levels.

INSANITY & MORE– This class is for those who want to take their bodies to the limit. It will always bring a surprise to your system. On some days we'll use resistance exercises and equipment to build strength & stability while other times we'll use your bodyweight, going as hard as you can & as intense as you want it to be. The result will be to burn fat and build power.

PILATES MAT – Pilates mat class employs body weight resisted movement to strengthen the core muscles of the pelvis, abdomen and back to improve balance and trunk strength and flexibility. Using your body weight as the primary source of resistance with a floor mat for cushion and support, this class emphasizes the foundational principals of Pilates while offering modifications and variations. Additional equipment including resistance bands and a Magic circle may also be incorporated. This class is appropriate for all levels.

POUND - Instead of listening to music, you become the music in this exhilarating, full body workout combining cardio, conditioning & strength training with yoga & Pilates inspired moves. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

PUMP – Pump is a low impact workout that strengthens, tones and defines every

major muscle group. Each class will incorporate different resistance equipment including weights, bands and stability balls along with Pilates style core resistance exercises. Recovery stretches will complete the class, providing a complete, full body workout.

SLIMNASTICS - This low-intensity, low-impact class combines cardiovascular conditioning with strength and flexibility exercises. Great for beginners and seniors!

STRONG - Combines high intensity interval training with music. 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 course is an introduction to Tai Chi where the core muscles are very important. You will be guided through movements that make the core strong, helping with balance and promote limber joints. These movements/exercises build your chi, the life force energy which moves through your body. Making your chi strong is why Tai Chi exercises are good for your health and wellness, both mentally and physically. Both beginners and experienced participants are welcome.

TOTAL BODY CONDITIONING – Total Body Conditioning combines various types of cardio and strength training exercises to get you moving and toned up! Excellent full body workout followed by core training & stretch.

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. This fast-paced class uses the TRX as well as sometimes incorporating other floor based cardio exercises to encourage heart rate elevation. Students with shoulder injuries should consult instructor to discuss beforehand. Some experience in strength based exercise is helpful.

YOGA CYCLE—Yoga Cycle is a combination class starting with a lower intensity cycle class intended to provide a cardio workout and warm up the body to prepare for an alignment based yoga asana practice on the mat to strengthen and stretch the body. This class is appropriate for all levels of Indoor Cycling as well as Yoga. Truly a mind body class - like riding your bicycle to the yoga studio all in one room!

YOGA MINDFUL FLOW – This class is designed to promote awareness of breath and movement. You will practice different breathing techniques and a series of yoga sequences with a slow pace that will give you time to connect with your breath and to tune inward. Some classes will also integrate the philosophy of yoga into the postures. All levels are welcome.

YOGA-OPEN LEVELS—Open Levels is for those with previous yoga experience or beginners in good physical condition. Variations are offered to support different levels. Principles of breath and alignment are employed to increase strength, flexibility, and awareness. Taught in dynamic style, alternating movement synchronized with breath (vinyasa) and held postures (active stillness).

YOGA VINYASA – Vinyasa yoga is a flowing sequence of poses, synchronized with breath. Participants will move from one pose to the next, incorporating breath, awareness and alignment principles.

ZUMBA – Zumba is an aerobic fitness program featuring fun, rhythmic, easy-to-follow routines performed primarily to Latin dance music, but also incorporates other music genres including pop music. The routines feature varied aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body, providing an overall fitness workout. No experience dancing? No problem.

Water Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15a		Water Aerobics		Water Aerobics		8:00am 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+)

CARDIO & STRENGTH– Variety of equipment will be used to give participants and enhanced workout incorporating circuit training, Tabata techniques & more. All skill levels are welcome.

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

DEEP WATER AFTERNOON DELIGHT-Specifically designed to fit in a work out during your lunch hour. Includes deep-water resistance & strengthening workout, and a warm down for relaxation and stretching. Floatation aids help maintain balance and buoyancy in deep water.

DEEP WATER EXERCISE-Includes deep-water resistance & strengthening workout, and a warm down for relaxation and stretching. Floatation aids help

maintain balance and buoyancy in deep water.

SENIOR WATER EXERCISE – (Ages 60+) Improve overall balance, muscle strength, cardiovascular efficiency, and 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 AEROBICS – A fast-paced shallow-water aerobic workout designed to increase cardiovascular performance and build endurance.

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