

# WINTER 2020 GROUP FITNESS SCHEDULE (JANUARY 2-MARCH 28)

**ALL CLASSES ARE FREE TO ONE MONTH  
AND ANNUAL PASS HOLDERS**

Walk-in prices			
Residents	\$12	Non-Residents	\$14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>						
<b>7:00 AM-7:50 AM</b> Cardio Sculpt (Michele)			<b>6:30 AM-7:20 AM</b> Wake Up Workout			
		<b>8:00 AM-8:50 AM</b> Cardio Sculpt (Megan)			<b>8:00 AM-8:50 AM</b> Zumba Fitness (Sathya)	
				<b>9:00 AM-9:50 AM</b> Total Body Fitness (Alice)	<b>9:00 AM-9:50 AM</b> Total Body Fitness (Michele)	<b>9:00 AM-9:50 AM</b> Zumba Fitness (Sathya)
	<b>10:00 AM-10:50 AM</b> Total Body Fitness (Eileen)		<b>10:00 AM-10:50 AM</b> Total Body Fitness (Eileen)			<b>10:00 AM-10:50 AM</b> Yoga Flow (Karin)
<b>LUNCH TIME CLASSES</b>						
<b>12:00 PM-12:50 PM</b> Total Body Fitness (Eileen)		<b>12:00 PM-12:50 PM</b> Total Body Fitness (Teri)		<b>12:00 PM-12:50 PM</b> Lean & Strong		
<b>EVENING CLASSES</b>						
<b>5:30 PM-6:20 PM</b> HardCORE		<b>5:45 PM-6:25 PM</b> Metabolic Inferno (Marin)				
	<b>6:00 PM-6:50 PM</b> Cardio Kickboxing (Michele)		<b>6:00 PM-6:50 PM</b> CoreStrong (Dorothy)			
<b>6:30 PM-7:20 PM</b> Yoga-Flow (Roseann)		<b>6:30 PM-7:20 PM</b> Yoga -Gentle (Roseann)				
	<b>7:00 PM-7:50 PM</b> Barre (Beth)		<b>7:00 PM-7:50 PM</b> Zumba Toning (Beth)			
<b>7:30 PM-8:20 PM</b> Strong by Zumba (Robyn)						

<b>SENIOR EXERCISE</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 AM-9:50 AM</b> Senior Aerobics Mix with chairs (Teri)	<b>9:00 AM-9:50 AM</b> SilverSneakers Circuit (Michele)	<b>9:00 AM-9:50 AM</b> Senior Fitness w/chairs (Gina)	<b>9:00 AM-9:50 AM</b> Chair Yoga (Louise)	
<b>10:00 AM-10:50 AM</b> Senior Aerobics Fit without Chairs (Teri)		<b>10:00 AM-10:50 AM</b> Senior Aerobics Fit without Chairs (Teri)		<b>10:00 AM-10:50 AM</b> Senior Fitness w/chairs (Gina)
<b>11:00 AM-11:50 AM</b> SilverSneakers Classic (Teri)		<b>11:00 AM-11:50 AM</b> SilverSneakers Classic (Teri)		

# LAND AEROBICS

**BARRE** Barre class is designed to effectively strengthen tone and balance the entire body. Workouts integrate the use of the ballet barre (chair), light weights and various props. Focus is on form and precision while performing small isometric movements. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs.

**CARDIO KICKBOXING** Punch and kick your way through 55 minutes of nonstop, high energy kickboxing combinations combined with agility drills and core work for an intense total body workout.

**CARDIO SCULPT** Mix of cardio with body weight and resistance training using free weights and bands. Modifications given for beginners to advance fitness levels.

**CORESTRONG** An all-inclusive dynamic and multifaceted class designed to improve your overall fitness level. It will challenge as many muscles as possible in integrated, coordinated movements; engaging your entire body. This includes strength, flexibility and balance. More than just another ab workout, Corestrong is about training the abs, back, hips, and glutes!

**HARDCORE** Want to take your workout to the next level? This class is a fusion of high intensity strength, cardiovascular conditioning and core training. A variety of exercises in short intervals will be used to increase your resting metabolic rate. In simple terms, you will burn a ton of calories, get stronger, and leaner. **This is a High Intensity Class!**

**LEAN & STRONG** A fusion of weights and resistance bands, along with heart pumping cardio to build lean strong muscles and burn fat! This class will burn calories long after the music stops!

**METABOLIC INFERNO** Increase your calorie burn long after the class with a mix of cardio intervals and weights!

**STRONG BY ZUMBA®** Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. SBZ is a high impact, high intensity class that involves some jumping and getting up and down off the floor. You will burn calories while toning arms, legs, abs and glutes

**TOTAL BODY FITNESS** Strengthen tone and sculpt your entire body! Weights, bands and balls will be used for the interval training along with a mix of cardio intervals. **This is a High Intensity Class!**

**WAKE UP WORKOUT** Get your day started with a wonderful mix of total body cardio and strength training. Look forward to weekly variations of exercise modalities from our highly energetic and skilled instructors! A thorough stretch will conclude each class, and with modifications demonstrated this class is for everyone!

**YOGA-FLOW** This class is designed to flow through the foundations of yoga postures, alignment, breathing, and technique. Classes build heat, endurance, flexibility, and strength in a supportive environment, encouraging the link between mindful body movement and breath. All levels welcome. Modifications are available for both beginners and more advanced participants.

**YOGA-GENTLE** Escape from your day and enjoy the tranquility of Gentle Yoga. Classes blend stretching, gentle movement and restorative poses with a focus on relaxing into the deepest layers of the body. All levels welcome. No experience needed. Just come wearing something comfortable and enjoy the benefits of letting go.

**ZUMBA® FITNESS** A fusion of Latin and International music/dance themes with peppy music that create dynamic and exciting workouts that anyone can do!

**ZUMBA® TONING** combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

## SENIOR AEROBICS

**SENIOR AEROBICS FIT** A similar format to Senior Aerobics Mix. Includes non-impact to low impact aerobics, strength training and balance geared towards those who do not need support from a chair. \*Intermediate to Advanced fitness level required. No chairs used during this class.

**SENIOR AEROBICS MIX** A fun mix of choreographed, non-impact, and toning exercises geared for the more mobile, active, older adult. \*Intermediate fitness level or higher; chairs are optional, you will set up a chair but it's up to you if you wish to use it.

**SILVERSNEAKERS CLASSIC** Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a ball. A chair is used for seated exercises or standing support.

**SILVERSNEAKERS CIRCUIT** Standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels. A chair can be used for seated exercises or standing support.

**CHAIR YOGA** A unique yoga style that adapts positions and poses through creative use of a chair. Some areas to be covered include: breathing exercises, basic poses, use of supports, meditation and relaxation. \*Suitable for all ages and fitness levels.

**SENIOR FITNESS** This easy-to-follow workout designed for seniors starts with a light warm up and progresses to a workout that will increase your energy and stamina. The use of lightweight dumbbells as well as balls, and bands will help to improve muscle strength and bone density.