

# GROUP FITNESS CLASSES

**SUMMER SESSION 1: May 30-July 16, 2017**

**Must be 15 years old to attend  
See reverse for descriptions and prices**

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|--|--|--|---|
| <b>Indoor Cycling</b><br>5:15-6:00am<br>Doreen               | <b>Lean Body Training</b><br>5:15-6:00am<br>Kristi      | <b>Yin Yoga Detox</b><br>5:15-6:05am<br>Jasmine    | <b>Pilates / HIIT</b><br>5:15-6:00am<br>David              | <b>Indoor Cycling</b><br>5:15-6:00am<br>Doreen |   |
| <b><u>Cycle, Core, and more</u></b><br>9:00—10:00am<br>Ellen | <b>Boot Camp Adv</b><br>9:00—9:45am<br>Megan            | <b>HIIT</b><br>9:00—9:45am<br>Shannon or Ellen     | <b>HIIT Bootcamp</b><br>9:00—9:45am<br>Shannon             | <b>HIIT Bootcamp</b><br>9:00-9:45am<br>Daci    | <b>HIIT Bootcamp</b><br>8:45-9:30am<br>Rotating Instructors |
| <b>Silver Sneakers Classic</b><br>10:15-11:00am<br>Teresa    | <b>Silver Sneakers Classic</b><br>10:15-11:00am<br>Gail | <b>Senior YogaFit®</b><br>10:15-11:00am<br>Bethany | <b>Silver Sneakers Classic</b><br>10:15-11:00am<br>Shannon | <b>Pilates</b><br>9:50-10:35am<br>David        |   |
| <b>Pilates / Boot Camp Adv</b><br>12:15-1:00pm<br>David      | <b>Boot Camp Adv</b><br>12:15-1:00pm<br>Jordyn          | <b>Indoor Cycling</b><br>12:15-1:00pm<br>David     | <b>Boot Camp Adv</b><br>12:15-1:00pm<br>Jordyn             |  | Level -5 (very Hard)  |
| <b>Beginner Fitness</b><br>6:00-6:45pm<br>Sara               | <b>Lean Body Training</b><br>4:15-5:15pm<br>Kathy       |  | <b>Lean Body Training</b><br>4:15-5:15pm<br>Kathy          |  | Level -4(Hard)  |
| <b>Indoor Cycling</b><br>5:30-6:15pm<br>Lori                 |   | <b>Indoor Cycling</b><br>5:30-6:15pm<br>Sarah      |  |  | Level -3 (intermediate)                                     |
| <b>Vinyasa 1/Gentle Yoga</b><br>6:35-7:35pm<br>Shelley       |   |  |  |  | Level -2(easy)  |
|  |   |  |  |  | Level -1 (very easy)  |

## Water Classes

| Monday  | Tuesday  | Wednesday                                     | Thursday   | Friday  | Saturday |
|---|--|---|--|---|----------|
| <b>Swimnastics</b><br>8:30-9:15am<br>Vi & Pat | <b>Deep Water</b><br>9:15—10:00am<br>Angie                 | <b>Swimnastics</b><br>8:30-9:15am<br>Vi & Pat | <b>Deep Water</b><br>9:15—10:00am<br>Angie                 | <b>Swimnastics</b><br>8:30-9:15am<br>Vi & Pat |          |
| <b>Rusty Hinges</b><br>1:00-1:45pm<br>        | <b>Rusty Hinges</b><br>1:00-1:45pm<br>                     | <b>Rusty Hinges</b><br>1:00-1:45pm<br>        | <b>Rusty Hinges</b><br>1:00-1:45pm<br>                     | <b>Rusty Hinges</b><br>1:00-1:45pm<br>        |          |
|   | <b>Deep Water Workout</b><br>5:30-6:15pm<br>Marcia or Jill |   | <b>Deep Water Workout</b><br>5:30-6:15pm<br>Marcia or Jill |   |          |
|   | <b>Joints in Motion 2</b><br>6:20-7:05pm<br>Carie          |   | <b>Joints in Motion 2</b><br>6:20-7:05pm<br>Lynda/Donna    |   |          |

# Land Classes

**Barre Blend:** Barre Blend brings exercises from group fitness into the mind/body experience by fusing exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended genre combines the methodology of strength and control to create a class that improves body awareness, flexibility and stabilization. Non-Members: \$35 per session/one day a week.

**Boot Camp Advanced (Better you):** Exercise the way your body was designed to move (as one unit) and become more athletic, regardless of where you begin. Enjoy a variety of exciting methods (i.e.: pilates, brake dancing, quadruped, and Olympic movements). Boot Camp Advanced is for the Intermediate/Advanced Exerciser. Non-Members: \$35 per session/one day a week.

**Cardio Burn With Weights:** Each circuit consists of 45 seconds of work, followed by 9 seconds of rest; repeated 3 times. Medium to low impact. Non-Members: \$35 per session/one day a week.

**CSI: Cardio Strength Interval:** Alternate segments of cardio and strength training exercises and you got one great workout! Get in as many reps as you can (or care to) in each time segment and modify each exercise to your liking; this is why all levels are welcome! No dance-like choreography, just exercise. Non-Members: \$35 per session/one day a week.

**Gentle Yoga:** Enjoy this all-level cardio flow-style class. Sun salutations form the foundation, core, strengthening, and energy of the class. Class includes balance poses to center the mind and improve focus; bends that relieve stress, depression and soothe back pain; twists to realign the spine and stimulate the internal organs: and stress-reducing meditation. No yoga experience necessary. Please wear comfortable clothing and bring a mat. All standing poses are done with bare feet for your safety. Non-Members: \$35 per session/one day a week.

**HIIT Bootcamp:** Take your workout to the next level with High Intensity Interval Training (HIIT). This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals. You'll never get bored with a mash-up of calisthenics, free weights, plyometric, and an other of equipment for a variety of exercises in each session. Non-Members: \$35 per session/one day a week.

**Yin yoga** is a slow-paced style of **yoga** with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. Non-Members: \$35 per session/one day a week.

**Lean Body Training:** Non-stop, total body strength training with some HIIT cardio intervals thrown into the mix. This class will help you get that strong, lean, healthier, and more powerful body you're working for. Non-Members: \$35 per session/one day a week.

**No Limits Cardio:** This class combines kickboxing, step, high intensity intervals & traditional high impact for a total cardio blast. Some choreography included. Non-Members: \$35 per session/one day a week.

**Pilates:** of physical mind method, is a series of nonimpact exercises designed by Joseph Pilates to develop strength flexibil-

ity, balance and inner awareness Non-Members: \$35 per session/one day a week.

**Senior YogaFit@:** These series of poses and methods will allow seniors to increase muscular strength, endurance, flexibility, and stamina. The class also promotes a deeper mind/body connection that will help mental acuity and stress reduction. Non-Members: \$35 per session one day a week.

**Silver & Fit:** The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power and cardiovascular endurance. Non-Members: \$35 per session/one day a week.

**SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and ease of daily living. Dumbbells, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. Non-Members: \$35 per session/one day a week.

**Yoga Sculpt :** When muscle meets **yoga**, **Yoga Sculpt** is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine free weights with CorePower **Yoga 2** sequencing and cardio to intensify each **yoga** pose while mixing in strength-training moves like squats, lunges and bicep curls. \$35 per session/one day a week.

**Vinyasa 1 :** An all levels "Cardio" yoga that focuses on breath with movement. Strength and flexibility, focus, and deep stretching for the health body, mind and spirit. Non-Members: \$35 per session/one day a week.

**ZUMBA:** This is a high energy cardio class that utilizes Latin music and dance to energize and strengthen your entire body.

Non-Members: \$35 per session/one day a week.

## **Indoor Cycling**

Your instructor will simulate a group ride as you travel on flat roads, climb hills, chase the pack, or race to the finish line! All levels welcome. Non-Member: \$35 per session/one day a week.

## **Cycle, Core, and more**

Group cycling combined with segments of body weight and body bar strength training for a total body workout. \$28 per session/one day a week.



# Water Classes

## **Aqua Zumba**

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Non-Members: \$35 per session/one day a week.

## **Deep Water Workout**

Because this class is done in the deep water, zero impact is experienced by the joints. A good workout for people with joint pain. Intermediate and advanced levels. No swimming experience is needed, a float belt may be worn. Non-Members: \$35 per session/one day a week.

## **Joints in Motion 2**

This class is the advanced more intense version of the Joints in Motion class. Class includes range of movement exercises, low and high impact movements, intensity intervals, and strength training. Keep your body moving and healthy! Non-Members: \$35 per session/one day a week.

## **Rusty Hinges**

This water exercise class is for any age male or female that experiences mobility issues such as arthritis, MS, or injuries. The low impact movements and range of motion exercises will keep your body healthy and your joints moving. (Formerly known as Rusty Hinges). Non-Members: \$35 per session/one day a week.

## **Swimnastics**

Enjoy a refreshing workout as you tone and strengthen muscles and increase flexibility. This shallow water class enables you to exercise with less strain and impact on joints. Non-Members: \$35 per session/one day a week.

Non-Members are welcome to take fitness classes on a per session basis They will be issued a "Class Only" card to be presented at the Front Desk. Sorry, there are no make-ups or refunds for missed classes.