

# GROUP FITNESS CLASSES

**Winter SESSION 1: January 2-February 18, 2018**

**Must be 14 years old to attend See reverse for descriptions and prices**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Boot Camp</b> 5:15-6:00am Doreen	<b>Indoor Cycling (Starts Jan 25)</b> 5:15-6:00am Erin	<b>Progressive Fitness Program</b> 5:15-6:00am David	<b>Cross Training (Starts Jan 25)</b> 5:15-6:00am Erin	<b>Indoor Cycling</b> 5:15-6:00am Doreen	
<b>Cycle, Core, and more</b> 8:45—9:45am Ellen	<b>Boot Camp Adv</b> 8:45—9:30am Megan	<b>HIIT Bootcamp</b> 8:45—9:30am Ellen	<b>TABATA</b> 8:45—9:30am Shannon	<b>HIIT Bootcamp</b> 8:45—9:30am Shannon	<b>HIIT Bootcamp</b> 8:45-9:30am Rotating Instructors
<b>Silver Sneakers Classic</b> 10:15-11:00am Teresa	<b>Silver Sneakers Classic</b> 10:15-11:00am Gail	<b>Senior YogaFit@</b> 10:15-11:00am Gail	<b>Silver Sneakers Classic</b> 10:15-11:00am Shannon	<div style="border: 1px solid black; padding: 5px;"> <p>Level -5 (very Hard) </p> <p>Level -4 (Hard) </p> <p>Level -3 (intermediate) </p> <p>Level -2 (easy) </p> <p>Level -1 (very easy) </p> </div>	
<b>Progressive Fitness Program</b> 12:15-1:00pm David	<b>Progressive Fitness Program</b> 12:15-1:00pm David	<b>Progressive Fitness Program</b> 12:15-1:00pm David	<b>Progressive Fitness Program</b> 12:15-1:00pm David		
<b>Indoor Cycling</b> 5:30-6:15pm Lori	<b>Lean Body Training</b> 4:15-5:15pm Kathy	<b>Indoor Cycling</b> 5:30-6:15pm Sarah	<b>Lean Body Training</b> 4:15-5:15pm Kathy		
<b>Zumba (Starts Jan 8)</b> 5:30-6:15pm Jasmine	<b>Lean Body Training</b> 5:30-6:15pm Greg	<b>Beginner Indoor Cycling</b> 6:30-7:00pm Sarah	<b>Cardio Kickboxing (Starts Jan 25)</b> 5:30-6:15pm Erin		
<b>Vinyasa 1/Gentle Yoga</b> 6:35-7:35pm Shelley		<b>Yin Yoga</b> 7:00-7:40pm Jasmine			

Play Room Hours
Monday-Friday 8:30am-11:00am
Monday & Wednesday 4:15pm-7:40pm
Tuesday & Thursday 4:15pm-7:15pm
Saturday: 8:45am -12:00 pm

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

# Land Classes

**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.

**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:** 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.

**Progressive Fitness Program Day 1,2,3,4:** Personal Training type of class with data and individual achievement and tracking of progress. With many scientifically proven techniques uses to improve fitness, athletic ability and decrease body fat. Boot Camp Day 1: Full-body 30 seconds on 20 seconds off and a 15 minutes Kettlebell \*AMRAP Boot Camp Day 2: DMB, Kettlebell, Body Weight, Cable (60 seconds Each exercise) Boot Camp Day 3: Barbell, Dumbbell, Cable, Plyo-box, and Stair Step 2 x 30 seconds on 15 seconds 11 minutes of cycling at the end Boot Camp Day 4: Barbell, Dumbbell, Cable, (35 seconds work 20 seconds rest) Core Non-Members: \$35 per session/one day a week.

**Cross Training:** is constantly varied functional movements performed at high intensity. Non-Members: \$35 per session/one day a week.

**Cardio Kickboxing!:** Get an incredible full-body workout with Cardio Kickboxing! Have fun while building strength and burning lots of calories with a mix of aerobics, boxing, and martial arts. Cardio kickboxing is a total-body workout with a plethora of health benefits. Non-Members: \$35 per session/one day a week.

**TABATA:** That very short interval isn't enough to allow you to fully recover, which is one reason it's great for building endurance and getting you in shape. The Tabata Protocol Format: 20 seconds of a very high intensity exercise (e.g., sprints, burpees, squat jumps, etc.) 10 seconds of rest Repeat 8 times for a total of 4 minutes\* Participants are strongly encouraged to sign-up for these classes to reserve their spot. Hand wraps, gloves, and boxing bags are limited. 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.

**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.



**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.

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## 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. \$35 per session/one day a week.

# Water Classes

## 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.