

GROUP FITNESS CLASSES

Winter SESSION 2: April 9-May 27, 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 5:15-6:00am Doreen 	Indoor Cycling 5:15-6:00am Erin 	Progressive Fitness Program 5:15-6:00am David 	Cross Training 5:15-6:00am Erin 	Indoor Cycling 5:15-6:00am Doreen 	
Cycle, Core, and more 8:45—9:45am Ellen 	Boot Camp Adv 8:45—9:30am Megan 	HIIT Bootcamp 8:45—9:30am Ellen 	TABATA 8:45—9:30am Shannon 	HIIT Bootcamp 8:45—9:30am Shannon 	HIIT Bootcamp 8:45-9:30am Rotating Instructors 
Silver Sneakers Classic 10:15-11:00am Teresa 	Silver Sneakers Classic 10:15-11:00am Gail 	Senior YogaFit@ 10:15-11:00am Dee 	Silver Sneakers Classic 10:15-11:00am Shannon 	Fitness Vinyasa Yoga (intermediate) Starts March 9th 9:40-10:30am Sarah C 	
Progressive Fitness Program 12:15-1:00pm David 	Progressive Fitness Program 12:15-1:00pm David 	Progressive Fitness Program 12:15-1:00pm David 	Progressive Fitness Program 12:15-1:00pm David 		
	Lean Body Training 4:15-5:15pm Kathy 	Core 5:00-5:45 pm Jasmine	Lean Body Training 4:15-5:15pm Kathy 		
Indoor Cycling 5:30-6:15pm Lori 	Lean Body Training 5:30-6:30pm Greg 	Indoor Cycling 5:30-6:15pm Sarah K 	Cardio Kickboxing 5:30-6:15pm Erin 		
Vinyasa 1/Gentle Yoga 6:35-7:35pm Shelley 	Vinyasa Yoga 6:35-7:35pm Allie 	Yin Yoga 6:00-7:00pm Jasmine 	Hatha Yoga (easy) 6:30-7:30pm Sarah C 		

-  Level -5 (very Hard)
-  Level -4(Hard)
-  Level -3 (intermediate)
-  Level -2(easy)
-  Level -1 (very easy)

Play Room Hours

Monday-Friday 8:30am-11:00am

Monday-Thursday 4:15pm-7:35pm

Saturday: 8:45am -12:00 pm

Water Classes

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

Land Classes

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.

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.

Core Training: Focus is on strength and endurance of the trunk muscles in the body. Abdominals and back strengthen and more fit.

Cross Training: is constantly varied functional movements performed at high intensity. Non-Members: \$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.

Fitness Vinyasa Yoga (Intermediate) Combines Pilates and yoga in a Vinyasa style flow. Sure to get your heart rate up, build strength and flexibility while supporting your mind, body, and spirit for a total body workout. Please wear comfortable clothing and bring a mat. All levels welcome, previous yoga experience is advised. 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.

Hatha yoga (easy) Using vinyasa flow sequences to link movement with breath, this moderate paced class helps to build strength and flexibility. The practice includes pranayama (breathing techniques) as well as asanas (postures) and ends with a short meditation to bring peace to the mind, body, and spirit. All levels welcome. Please wear comfortable clothing and bring a mat. 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.

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

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.

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. Day 1: Full-body 30 seconds on 20 seconds off and a 15 minutes Kettlebell *AMRAP Day 2: 30 minute cardio with weight circuit training. Day 3: 30 seconds on 15 seconds weight training Day 4: Barbell, Dumbbell, Cable, (35 seconds work 20 seconds rest) Core 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.



Silver Sneakers 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.

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.

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.

Vinyasa Yoga: class will be centered around a Vinyasa style yoga (flow). Vinyasa Yoga integrates movement and breath, builds strength, and increases flexibility. Modifications will be offered to provide an optimal level for all individuals.

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.

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.

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.

Swinnastics

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.