



STRONGER TOGETHER HEALTH, WELLNESS, FITNESS

GROUP EXERCISE CLASSES EFFECTIVE FEBRUARY 14, 2020

—MONDAY—

5:15-6:15am	Timed Intervals	Ashley	Aerobic Room
6:00-6:45am	Aqua Kick It	Lindsay	A-R Pool
6:30-7:15am	Circuit Training	Ashley	TRX Room
8:30-9:15am	Cardio Stretch&Tone	Marianne	Aerobics Room
9:20-10:20am	Cycle	Danielle	Cycling Room
9:20-10:20am	Boot Camp	Emily	Aerobic Room
10:30-11:15am	Yogalates	Mary	Aerobic Room
11:20-12:05pm	Pure Gold	Mary	Aerobic Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobic Room
12:15-12:45pm	TRX Express	Danielle	TRX Room
3:45-4:30pm	Barefoot in Motion	Jen R.	Aerobic Room
4:00-6:00 pm	Boxing	Mark	Multi Purpose Room
4:30-5:15pm	Cycle	Becky	Cycling Room
4:30-5:30pm	Strength Up	Steve	TRX Room
5:30-6:30 pm	Circuit Training	Kelly	Aerobic Room
6:00-6:45pm	Cycle	Erin	Cycling Room
6:35-7:35 pm	Yang to Yin Yoga	Michele L,	Aerobic Room

—TUESDAY -

8:30-9:15am	Y-Cuts	Loretta	Aerobic Room
9:20-10:20am	Cycle	Shannon	Cycling Room
9:30-10:15am	Step & Tone	Loretta	Aerobic Room
10:30-11:15am	Pilates	Beth	Aerobic Room
11:30-12:10pm	Zumba Gold	Mary	Aerobic Room
12:15-12:45pm	Yoga	Adina	Aerobic Room
4:30-5:30pm	Circuit Training	Becky	Aerobic Room
4:30-5:15pm	TRX	Danielle	TRX Room
5:45-6:30pm	Cycle	Katie	Cycling Room
7:00-7:45pm	Aqua HIIT	Lindsay	A-R Pool

—WEDNESDAY—

5:15-6:15am	Timed Intervals	Jen R.	Aerobic Room
6:00-6:45am	Aqua Boot Camp	Lindsay	A-R Pool
8:30-9:15am	Stretch & Tone	Marianne	Aerobic Room
9:20-10:20am	Cycle	Katie	Cycling Room
9:20-10:20am	Pump & Sculpt	Stacy	Aerobic Room
10:30-11:15am	Barre Fit	Danielle	Aerobic Room
11:20-12:05pm	Pure Gold	Danielle	Aerobic Room
12:15-12:45pm	TRX Express	Beth	TRX Room
4:00-6:00 pm	Boxing	Mark	Multi Purpose Room
4:30-5:30pm	Cardio Butt&Gut	Emily	Aerobic Room
5:30-6:30 pm	Chizzel	Anne	Aerobic Room
6:35-7:35pm	Dance Fit	Cassie	Aerobic Room

—THURSDAY—

8:30-9:15am	Tai-Chi	Mike	Aerobic Room
8:30-9:15am:	Cycle	Tess	Cycling Room
9:20-10:20am	Yoga	Tori	Aerobic Room
9:30-10:15am	Aqua HIIT	Lindsay	A-R Pool
10:30-11:30am	Zumba	Mary	Aerobic Room
11:30-12:45pm	Line Dancing	Mary	Aerobic Room
12:15-12:45pm	Cycle	Katie	Cycle Room
4:30-5:30pm	Strength Up	Erin	TRX Room
5:45-6:30pm	Cycle	Erin	Cycling Room
5:30-6:30pm	Yoga	Marie	Aerobic Room
6:00-7:00 pm	Barre Fit	Cassie	Studio Room

—FRIDAY—

5:15-6:15am	Kick HIIT	Phil	Multi Purpose Room
5:30-6:30am	Cycle	Marie	Cycling Room
6:30-7:30am	Workout on Demand	Phil	TRX Room
8:30-9:15am	Stretch & Tone	Wendy	Aerobic Room
9:30-10:15am	Chair Yoga	Wendy	Aerobic Room
9:20-10:20am	Body Sculpt	Stacy	TRX Room
9:20-10:20am	Cycle	Danielle	Cycling Room
10:30-11:15am	Pilates	Beth	Aerobic Room
11:20-12:05pm	Pure Gold	Beth	Aerobic Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobic Room
12:15-12:45pm	TRX Core	Danielle	TRX Room

—SATURDAY—

7:30-8:30am	Cycle Tone	Jennie	Cycling Room
9:00-10:00am	Vinyasa Flow	Michele L.	Aerobic Room
9:30-10:30am	Boot Camp	Nicole/Michelle T.	TRX Room
10:30-11:15am	Chair Yoga	Michele L.	Aerobic Room

—SUNDAY—

8:30-9:30am	Cycle	Dan	Cycling Room
9:00-10:00am	Cardio Kick	Anne	Aerobic Room
10:00-11:00am	Yoga Tone	Marie S.	Aerobic Room

- CYCLING & TRX: RESERVE YOUR BIKE/STRAP AT THE SERVICE DESK OR BY CALLING 253-5304.
- CLASSES AND INSTRUCTORS MAY CHANGE DUE TO AVAILABILITY OR REMOVED DUE TO LOW ATTENDANCE
- CHECK WEBSITE FOR LAST MINUTE CANCELLATIONS OR CHANGES

Aqua Classes: All held in the Allyn-Rifford Pool. Each class utilizes an aqua-belt and other aquatic equipment. Low impact—high energy!

Barefoot in Motion: Barefoot, bodyweight conditioning that incorporates mindfulness, yoga, and powerful movements for a full body workout.

Barre Fit: Incorporates aspects of Yoga, Pilates, some ballet inspired moves, and strength for the entire body while raising your heart rate.

Body Sculpt: Build strength, endurance and flexibility using your body weight and various equipment.

Boot Camp: Intervals of challenging moves, incorporating high/low movements and plyometrics.

Boxing: Drop in 4-6pm for Timed rounds of speed bag, heavy bag, mits..instructors focus on proper form. Need gloves 16oz men/14oz women and wraps 180"men/108"women.

Cardio Butt & Gut: Intervals of cardio and exercises emphasizing abs, back, glutes, and legs.

Cardio Kick: Full body aerobic exercise with boxing and martial art moves incorporated.

Chair Yoga: Gentle yoga poses done utilizing a chair.

Chizzle: Strength based class, get ready to lift some weight! (Includes some cardio)

Circuit Training: Target major muscle groups, working the whole body, utilizes multiple pieces of equipment.

Gentle Yoga: Basic poses and stretching.

Kick HIIT: High Intensity interval training environment infusing calisthenics, weighted movements, core. Basic kick-boxing techniques will be implemented. Gloves recommended: 16oz men/14oz women or ones that at least pad the knuckles. Wraps work as well: 180"men/108"women.

Line Dancing: No experience needed, have fun while learning numerous line dances to all music genres.

Pilates: Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. Suitable for most fitness levels.

Pump & Sculpt: Strengthen your entire body by focusing on barbell and dumbbell exercises while also incorporating occasional cardio to increase heart rate. (Most levels)

Pure Gold: Provides strength, flexibility, posture and balance...a chair is provided for seated and standing support.

Step & Tone: Intervals of basic step aerobics and weights. (All levels)

Strength Up: Total body strength training with some conditioning. Various equipment used, including body weight. (Most levels-Modifications are offered)

Stretch & Tone: Improve flexibility and muscular strength while utilizing a variety of exercises and workout equipment. This class is designed for all fitness levels. (Cardio S&T adds intervals of cardio)

Timed Intervals: Exercises done in a range of timed intervals. (Intermediate)

Tai-Chi: Foster a calm and tranquil mind, focused on the precise execution of natural movements.

Vinyasa Flow: flowing, dynamic sequence of poses that synchronizes movement with breath.

Workout on Demand: Workout/circuit done in a certain amount of time or as many reps as possible. (Intermediate)

Y-Cuts: Toning class utilizing weights, resistance bands, stability and medicine balls. This resistance training class is delivered at a higher level to increase strength and endurance.

Yang to Yin Yoga: Class will include a flow sequence and poses that will be passively held longer. Recommended to bring your own yoga blanket. (Most Levels)

Yoga: Blending of Hatha yoga and Vinyasa yoga
(T 12:15—Intermediate TH 9:20/5:30—All Levels)

Yogalates: Combines Yoga and Pilates, emphasizing strength and flexibility. Light hand weights incorporated.

Yoga Tone: Blend of Vinyasa flows with sequences using light hand weights to sculpt and tone entire body. (All Levels)

Zumba: (Dance Fit) International rhythms are fused together with easy to follow moves to create a one-of-a-kind fitness class rolled into a party like atmosphere.

Zumba Gold: Class targets the beginner participant This Latin inspired dance fitness class will have modified movements and pacing that will benefit the needs of the class.

CYCLE CLASS ●

Cycle: Classes provide an intense cardio workout while still catering to participants of all fitness levels.

Cycle Tone: Intervals of upper body strength with light hand weights and cycling.

TRX ●

TRX Express (30 minutes): Increase total body flexibility, promote mobility and stability while developing core strength. (Some exercises may be off strap)

TRX CORE*: This class will be an intense half hour core challenge. (Some exercises may be off strap)

*Recommended: Participants should be able to hold a 1 min plank...Intermediate/Advanced.

TRX: Increase total body flexibility, promote mobility and stability while developing core strength. Class format will vary and some exercises will be off strap.

● **CYCLING & TRX: PLEASE RESERVE YOUR BIKE/STRAP AT THE SERVICE DESK OR BY CALLING 253-5304, 24 HOURS IN ADVANCE. SPACE IS LIMITED.**

