

GROUP EXERCISE JULY 2025

[illegible]

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15am					
6:15-7:00am	ALL ZOOM LINKS: These are ONLY active while class in session				
7:30-8:15am					
8:30-9:15am	Stretch & Strength Danielle	Y-Cuts with Loretta	Stretch & Strength Laura		Stretch & Strength Danielle/Laura
	Join Zoom	JOIN ZOOM	JOIN ZOOM		JOIN ZOOM
9:20-10:20am				Pilates 9:30 -10:15 Beth	
				JOIN ZOOM	
9:30-10:15am	Blended Chair with Danielle	Gentle Yoga Joe		Blended Chair with Laura	
	Join Zoom	JOIN ZOOM		Join Zoom	
10:30-11:30am					Gentle Yoga Mary
					JOIN ZOOM
12:15-12:45pm					

PILATES ZOOM MEETING ID: 787 4461 8584 passcode 2535304

All other ZOOMS: Passcode- 2535304

Barbell Pump: Strengthen your entire body with a barbell based workout set to motivating music...dumbbells also use **Barre:** Ballet based movements to strengthen and tone the entire body.

NEW! **Barre Box:** Barre with a blend of cardio kickboxing. This class is for all levels looking for a new way to work Hi/Lo into **Blended Chair:** A chair based class providing strength, balance, low impact aerobics finishing with gentle stretching. **Bootcamp Circuits:** Meet upstairs for a 40 minute, full body, Hi/Lo Intensity level workout. Class begins promptly at 5:05am!

Chizzel: Strength based class (includes some cardio).

Circuit Bootcamp: Class meets in the group ex room to begin your 45 minute class of hi/lo strength & cardio

Cycle Blend: 30 minutes group cycle, 30 minutes full body strength/yoga off the bike.

Cycle: High intensity, low impact stationary ride.

NEW! **Cycle Barre:** 30 minutes of cardiovascular work followed by strength and flexibility work using barre style format.

Dance Fit: Routines fused together with easy to follow moves creating a fun atmosphere to get your sweat on.

Gentle Yoga: Basic poses/flow and stretching.

Pilates: Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. All levels welcome.

NEW! **Primal Circuits:** classic weight lifting and calisthenics, ending with 10 minutes of primal movement to promote mobility, strength, and core control.

Slow Flow Yoga: Blend of Hatha and Vinyasa Yoga using the breath to slowly and smoothly move from one pose/posture to another, helping bring balance to the mind and body. All levels welcome.

Stretch & Strength: Improve flexibility and muscular strength with a variety of exercises. Class is designed for all fitness levels

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

TRX®: Total body resistance exercise, uses body weight and gravity as resistance to build strength, balance, flexibility, core and joint stability. **Level I is great for beginner Level II is more advanced, fast paced.**

Y-Cuts: Similar to stretch and tone class, improves flexibility and strength...may be delivered at a higher pace.

Yoga: Practice that will place the body with intention and purpose through poses and flows...style may vary each week.

Zen Barre® A perfect blend of Yoga, Barre, and Pilates. These practices flow from one format to the next within the 45 minute class.

Watch for new programming early fall 2025! New space coming to provide more functional training, higher intensity level formats, along with over all wellness specialty programs!

SPECIALTY PROGRAM INFORMATION:

Breast Cancer support group meets 1st Monday of each month in our Little House. Membership not required.

EnhanceFitness: A fee based 12 week program to help manage symptoms of arthritis. Pre-registration is necessary. Fall 2025

LIVESTRONG: A free 12-week cancer survivor program. Pre-registration is necessary. Contact Laura Clary to register

Moving For Better Balance: A 12 week Falls Prevention Program. Registration opens August 2025.

THRIVE: This class is for **LiveSTRONG** program graduates only- will resume in September.

