

## GROUP EXERCISE AUGUST 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	<b>Stretch &amp; Strength</b> Danielle	<b>Y-Cuts</b> with Loretta	<b>Stretch &amp; Strength</b> Laura		<b>Stretch &amp; Strength</b> Danielle/Laura
	<a href="#">Join Zoom</a>	<a href="#">JOIN ZOOM</a>	<a href="#">JOIN ZOOM</a>		<a href="#">JOIN ZOOM</a>
9:20-10:20am				<b>Pilates</b> 9:30 -10:15 Beth	
				<a href="#">JOIN ZOOM</a>	
9:30-10:15am	<b>Blended Chair</b> with Danielle	<b>Gentle Yoga</b> Joe		<b>Blended Chair</b> with Laura	
	<a href="#">Join Zoom</a>	<a href="#">JOIN ZOOM</a>		<a href="#">Join Zoom</a>	
10:30-11:30am					<b>Gentle Yoga</b> Mary
					<a href="#">JOIN ZOOM</a>
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.

**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!

**Chair Strength and Flow:** This gentle chair based class will blend strength elements with chair yoga.

**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.

**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.

**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.





