

## GROUP TRAINING MARCH 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05-6:00am	<b>5:05am</b> Bootcamp in <b>THE HUB</b> LINDSAY	5:15-6am HIIT SARAH	<b>5:15am</b> CYCLE Blend Erin	5:15-6am HIIT SARAH	<b>5:05am</b> Strength & Interval Training in <b>THE HUB</b> Lindsay		
6:15							
7:30-8:15am	Cycle Emily	Cycle Katie	Cycle Emily		Cycle Emily	Cycle with Y Staff	
8:30-9:15am	Strength & Stretch Danielle	Y Cuts Loretta	Strength & Stretch Sarah	Cycle Katie	Strength & Stretch Laura	9-9:45am Step & Kick Marie (3/7 & 3/14 only)	
9:20-10:20			Barbell Pump Lindsay	Pilates 9:30 -10:15 in <b>THE HUB</b> Beth			Zen Barre® 9-9:45am with Marie
9:30-10:15am	Blended Chair Danielle	45 min Gentle Yoga Joe		Blended Chair Laura	Cycle Danielle		Slow Flow Yoga 10-11am with Marie
10:30-11:30am	45 min CHAIR YOGA Joe	Beginner TAI CHI Mike	THRIVE LIVESTRONG ALUMNI	TAI CHI Mike	YOGA 45 minute MARY		
12:15-12:45	TRX Danielle <b>THE HUB</b>	11:30-12:30 LIVESTRONG	TRX Beth <b>THE HUB</b>	11:30-12:30 LIVESTRONG	TRX Core & More Danielle <b>THE HUB</b>		
1:00-2:00pm			BLENDED CHAIR 45 minutes				
4:30-5:30pm	Dance Fit Cassie	Strength & Stretch 45 minute Danielle	45 min Yogalates Danielle				
5:30-6:15pm	<b>45 Minute</b> STRENGTH CIRCUITS <b>THE HUB</b> BECKY	5:30-6:15pm Cycle Y-Staff	<b>45 Minute</b> Bootcamp Circuits Danielle (gr.X room)	Barre Victoria		 <b>Indicates PreRegistration</b>  <b>Indicates class held in different room</b>	
6:30-7:30pm	<b>5:45 Foundations &amp; Flow Yoga</b> Joanne		<b>6:30 pm</b> <b>Gentle Vinyasa</b> Yoga Tori				
5:30pm	<b>Beyond The Ribbon</b> Breast Cancer Support Group meets 1st Monday in the little house					 <b>ZOOM classes</b>	

**\*THRIVE is for LIVESTRONG GRADUATES only. You must complete the LiveSTRONG cancer survivor program before participating.**

**\*\* THE HUB is located on the 4th floor (old TRX room) NO wet or dirty outside shoes allowed.**

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 used.

**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 intensity

**Blended Chair:** A chair based class providing strength, balance, low impact aerobics finishing with gentle stretching.

**Bootcamp Circuits:** Meet upstairs for a 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.

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

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

**Cycle:** High intensity, low impact stationary ride.

**Foundations & Flow:** Class will focus on two yoga poses each week progressing into traditional yoga flow.

**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.

**HIIT: High Intensity Interval Training.** Come prepared to pack in an all out workout on timed intervals of work and rest.

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

**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.

### **SPECIALTY PROGRAM INFORMATION:**

**Bingcize®:** 10 weeks of Bingo fun meets exercise. Registration required, Class will meet twice a week.

**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. TBA

**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. TBA next session

**THRIVE:** This class is for **LiveSTRONG** program graduates only