

Group Fitness

September 2017

Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	Muscle Monday Karen <i>*45 minute class</i>	Tabata Karen <i>*45 minute class</i>	Pi Yo Susan <i>*45 minute class</i>	Drum Core Karen <i>*45 minute class</i>	Bosu Core Karen <i>*45 minute class</i>		
8:00am	Drumming Susan	Pi Yo Susan	Zumba Gold Rosa	Hatha Yoga Susan		Tabata Karen	
9:00am	Body Sculpting Michele	Zumba Lynette	Cardio Circuit Michele	Body Conditioning Susan	Core & More Aisha	Body By Barre Carmen	
11:00am	SilverSneakers Circuit Margie <i>*Advanced Class*</i>	SilverSneakers Classic Margie	SilverSneakers Yoga Regina	SilverSneakers Classic Margie	SilverSneakers Yoga Regina		

Afternoon Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm				Insanity Susan			
6:30pm	Ultimate Upper Body Michele	Pound Elone	Gutts & Butts Susan	Basic Yoga Regina			
7:30pm		Zumba Gold Elone					

6 Visit Fitness Punch Passes Available!

Members

Boarding Pass Plus: \$30.00

Boarding Pass: \$36.00

Non-Members

Non-Member Resident: \$42.00

Non-Member Non-Resident: \$48.00

Drop-In: \$9

Basic Yoga: Finally a Yoga Class that anyone can do! Easy to follow with the right amount of flowing combinations.

Body by Barre: (B3) The latest form of training. The class is designed to lengthen and sculpt muscles, increase flexibility and change the body to be dynamically strong. Barre combines yoga, pilates and ballet barre conditioning.

Body Conditioning: Utilizing many different tools to sculpt your muscles for a toned lean body. Different variations of cardio and strength training to give you the best results. Push yourself out of your comfort zone and take your fitness to a whole new level.

Body Sculpting: A total body workout involving body weight exercises, hand weights, stability balls and resistance tubing, designed to sculpt the body and increase muscular endurance. This class is fun, effective and for all levels of fitness.

Bosu Core: Advance your core training by multi-dimensional exercises to effectively produce power, balance, strength & core function.

Cardio Circuit: This class alternates intervals of strength & cardio movements using a variety of equipment as well as your own body weight. This ALL LEVEL class is a toning & cardio workout in one with an emphasis on intensity options & modifications for optimal results.

Core & More: Zoning in on your core using contemporary body sculpting movements. Utilizing stability balls, resistance tubing, Pilates power ring, and more to enhance all of your muscles while shaping, defining, and strengthening your body. Beginner to advanced.

Drum Core: This fun and energetic cardio/ core class will be performed on a fit ball with drum sticks. A total body workout . *45 min class.

Drumming: Feel and experience the pulsating rhythms, dynamic movement, and powerful percussions of this new high-energy dance and rhythm program. Combines traditional aerobic movements with the powerful beat and rhythms of the drums.

Gutts & Butts: A cardio warm up using the step bench then standing muscle engagement, progressing to floor work with more glut and hamstring engagement. Abdominal exercises will include all 5 parts of the Abs. A variety of equipment is used.

Hatha Yoga: A series of yoga moves and poses linked with your breathing.

Insanity: High intensity cardio intervals of 30 seconds with a small rest in between drills and it works EPOC system so you burn more calories after class for a longer period of time.

Muscle Monday: This is a traditional weight training class that will focus on all of the major muscle groups. *45 minute class*

PiYo: A pilate/yoga infused class that keeps you moving and keeps the calories burning.

Pound: This full body workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout..

SilverSneakers Circuit: * Advanced Class* Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with nonimpact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. (Pre requisite: 2 - 3 months of SilverSneakers Class)

SilverSneakers Classic: Have fun and move to the music through a series of exercises designed to increase muscular strength, range of movements, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers Yoga: Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movements. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tabata: 20 Second Interval work followed by 10 seconds of rest repeated 6-8 times per exercise, focusing on every inch of the body for a great calorie burn. *45 minute class

Ultimate Upper Body: Looking to tone your upper body? This is the class for you! Using basic strength training principles and a variety of equipment, we will focus on building strong, toned, shapely arms, back and chest.

Zumba: Latin inspired dance fitness class using hypnotic rhythms. You will experience such dances as the merengue, flamenco, belly dance, hip hop, cha-cha, tango, reggaeton, cumbia, mambo, and salsa! Burn between 700-1000 calories per class while having tons of fun!

Zumba Gold: Toning for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.