

JUNE 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	5:15 AM CYCLE 45 TARA		SHRED & TONE COURTNEY 45		SHRED & TONE COURTNEY 45		
5:45 AM		SCULPT 60 COURTNEY/ KIM		SCULPT 45 COURTNEY			
8:00 AM							CYCLE 60 THERESA
8:15 AM		PILATES CORE CAROL 60				BODYSTEP SHARON	STEP 60 LORI
8:45 AM						YOGA LEVEL 2 ANNE	
9:00 AM	YOGA ALL LEVELS JOELLE 75		YOGA FLOW ISHIA	PILATES CHALLENGE CAROL 60	BARRE ISHIA 60		
9:15 AM	BODYPUMP ADRIENNE 60	BODYPUMP PAM 45	BODYPUMP ADRIENNE 60	BODYPUMP ADRIENNE 45	BODYCOMBAT ADRIENNE 60	BODYPUMP MARIANNA 45	BODYATTACK DANAI 45
	CYCLE & TONING KIM 60	BARRE CAROL 60	CYCLE & TONING KIM 45	LES MILLS TONE KARIN 45	ZUMBA GINA 45	CYCLE TRISH/DIANA 60	YOGA ALL LEVELS SANDRA 60
9:30 AM					DEEP WATER GAY MARIE 60		
10:15 AM		LES MILLS TONE KARIN 60	CYCLE 45 TRISH	SH'BAM KARIN 45	BODYPUMP PAM 60	SH'BAM KARIN / STEPH 45	ZUMBA STEPHANIE 60
		CYCLE 60 PAM		LEVEL 2 YOGA JOELLE 75	VINYASA YOGA ISHIA 75	BARRE DANAI 60	WATER WORKS MARY THERESE
				SENIORS FITNESS DOMINQUE 45			
10:30 AM	BARRE DANAI 60	INTER. VINYASA VALERIE	GENTLE YOGA MARYANN 60				
	CYCLE EXPRESS TRISH 30				CYCLE EXPRESS TRISH 30		
	BODYCOMBAT ADRIENNE		ZUMBA GOLD GINA 45				
10:45 AM	DARE2DANCE STEPHANIE 45						
11:15 AM							POWER YOGA DANI 75
11:45 AM	GENTLE YOGA SANDRA 60	GENTLE YOGA MARYANN 60	GENTLE YOGA MARYANN 60	CHAIR YOGA SANDRA 60	GENTLE YOGA MARYANN 60	11:30 AM BEGINNER YOGA LISA 60	
				RESTORATIVE YOGA MARYANN 60			
12:00 PM	CYCLE EXPRESS TRISH 30				CYCLE EXPRESS TRISH 30		
	DEEP WATER KAREN					JUNE HAPPENINGS	
1:00 PM	CHAIR YOGA SANDRA 60				GENTLE YOGA MARYANN 60	<p><i>The following classes are COMING OFF the schedule as of Sunday 6/16 See you after the Summer!</i></p> <p>Monday & Friday 12 pm Cycle Express with Trish</p> <p>Thursday 6:15 pm Shred and Tone with Marybeth</p> <p>Thursday 7:15 pm Cycle with Tara</p>	
1:15 PM	WATERWORKS GAY MARIE	WATERWORKS SUE	WATERWORKS 50+ GAY MARIE	WATERWORKS 50+ GAY MARIE	WATERWORKS 50+ SUE		
2:15 PM	SENIORS IN TRAINING GERRY 60		SENIORS IN TRAINING GERRY 60		SENIORS IN TRAINING GERRY 60		
5:00 PM		GENTLE YOGA SARAH 60	PILATES FUSION HEIDI	BARRE DANAI 60			
5:15 PM	PILATES CAROL 45						
5:30 PM	BODYPUMP DANAI 45	ABS & GLUTES JIMMY 30		ABS & GLUTES MARYBETH 30	ZUMBA STEPHANIE 45		
6:00 PM					YOGA ALL LEVELS ALEXIS 60		
6:15 PM	LES MILLS TONE KARIN 45	CYCLE 45 THERESA	BODYPUMP MARIANNA	CYCLE 45 SARA			
	YOGA ALL LEVELS JULIAN 75	POWER YOGA JULIA 60	YOGA FUNDAMENTALS LISA	YOGA ALL LEVELS BARBARA 60			
		ZUMBA STEPHANIE 60		SHRED & TONE MARYBETH 45			
6:30 PM	CYCLE EXPRESS DANAI 30						
	INTRO TO TAI CHI TERESE 60						
7:00 PM	H2O BODY BLAST EUFEMIA		H2O BODY BLAST MARY THERESE				
7:15 PM	CYCLE 60 DONOVAN	CYCLE 45 SARA	CYCLE 60 DONOVAN	CYCLE 45 TARA			
		BODYSTEP SHARON					
7:30 PM	ADVANCED TAI CH TERESE 30		BARRE GILLIAN 60				



GROUP EXERCISE CLASS DESCRIPTION

BEGINNER CLASSES

(B,E) BEGINNER YOGA: This is an entry level class which is great for a true beginner or someone who hasn't taken a class in a while.

FLOW WITH YIN: A class to balance between flow style movement & longer holds of poses with the use of props.

GENTLE YOGA : Slow things down a bit and gradually work your way into the postures. Transitions are kept simple and modifications are given to help you adapt the practice to your unique body. Suitable for all levels.

(E) JINTRO TAI CHI: An ancient Chinese martial art that consists of series of slow movements that increase the body strength, range of motion and overall balance. These movements are designed to increase the flow of chi, or vital energy.

SENIORS IN TRAINING: It is designed to help seniors improve balance, coordination, build bone density. This program includes doing some exercises from a chair & using light weights to help prevent injury and stop the further development of Osteoporosis.

(B) ZUMBA® GOLD: For the active older adult population & students just starting their journey to a fit and healthy lifestyle who want to join the fitness party.

CHAIR YOGA: This class is designed for members with limited abilities of holding regular poses, getting down & up off the floor. *Must sign up prior to taking the class.*

ALL LEVELS

(T) ABS & GLUTES 30 / 45: Butt busting and ab sculpting exercises!

(F,T) BARRE: A non-impact, total mind body workout that combines light weights, intense lower body work at the barre & an abdominal workout.

(S) BODYPUMP™: barbell workout using light to moderate weights with lots of repetition.

(C,T) BODYSTEP™: is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

LES MILLS TONE™ features the optimal mix of strength, cardio and core training. With three workouts in one, this is a great cross training option for busy people on the go! Modifications given.

(C,S,T,E,F) SHRED & TONE: challenging the smaller muscles constantly in different ways & angles in order to prevent any stubborn plateaus. Exercises using small hand & ankle weights along with heart pumping dance style cardio.

(C) CYCLE: stationary cycling. Great music and an instructor that will motivate you as you spin your wheels! *Must sign up prior to taking the class.*

(C) CYCLE EXPRESS: 30 Minutes of intervals to great current music. *Must sign up prior to taking the class.*

DARE2DANCE: dance & tone with energetic routines coupled w/ toning exercises to achieve maximal results.

(S,T,F,B) DEEP WATER COMBO: is a combination of deep water and waterworks.

(S,T) DEEP WATER: Pool exercises done while wearing a flotation device. Includes deep water and toning work.

(S,T, C) H2O BODY BLAST: Bootcamp style workout in the pool. It utilizes both the low and deep end. 60 minutes.

(F) PILATES: designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

(S,T) SCULPT : Muscle sculpting and toning exercises. Class is either 30, 45 or 60 minutes long.

(D/S) SH'BAM™ is a fun-loving, insanely addictive dance workout.

RESTORATIVE YOGA : Restorative yoga class is a sequence of only 5 or 6 poses supported by props, held for 5-10 minutes each. These poses allow the person to fully relax and restore. The poses include child's pose, gentle twists, seated forward folds and gentle backbends.

(C,S,T) STEP: is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

(C,T,B) WATER WORKS: Aerobics in the pool. Non-swimmers are welcome. Toning exercises included.

(T,F) WATER WORKS 50+: Designed for our mature members. Fun and flexibility are stressed.

(E) YOGA ALL LEVELS - this is a great class for someone who is just learning, coming back to yoga or wanting to perfect what they already know.

(E) YOGA FUNDAMENTALS: Get a basic knowledge of yoga in this 60 minute beginner class. LEVEL 2 is the next level up from Fundamentals.

(D/S,C,B) ZUMBA® - Dance your way to a fitter you using unique Latin moves and rhythms. Modifications given.

INTERMEDIATE

(C,T) BODYATTACK™ : high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Modifications given.

(C) BODYCOMBAT™: high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength. Mods given.

ADVANCED

(E) POWER YOGA: A vigorous style of yoga concentrating on strength and flexibility.

(E) ADV. TAI CHI: An ancient Chinese martial art that consists of series of slow movements that increase the body strength, range of motion and overall balance. These movements are designed to increase the flow of chi, or vital energy.

(F,T) PILATES CHALLENGE: Intensive Pilates choreography that builds from core basics. Knowledge of basic Pilates required.

(F,T,S) PILATES CORE: Develop core strength using roller, rings & bands. Appropriate for all levels.

(E) VINYASA: Translates to breath synchronized movement and offers a wide variety of poses, sequences, and challenging progressions.

(E) LEVEL 2 YOGA: One must have some yoga experience and be ready to attempt inversions. 75 minutes.



KEY:	S-STRENGTH	C-CARDIO	T-TONING	D/S-DANCE	E-ENERGIZING	F-FLEXIBILITY	B-BEGINNER
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