

	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			7:30 AM BARRE HEIDI				CYCLE 60 THERESA
8:15 AM		PILATES CORE CAROL 60				BODYSTEP SHARON	STEP 60 LORI
8:45 AM				ENERGIZE & ALIGN DANI 75		LEVEL 2 YOGA 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	LES MILLS TONE KARIN 45	BODYCOMBAT ADRIENNE 60	BODYPUMP MARIANNA 45	BODYATTACK DANAI 45
	CYCLE & TONING KIM 60	SH'BAM 45 KARIN	CYCLE & TONING KIM 45	CYCLE DIANA 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 G. 60
		CYCLE 45 PAM		LEVEL 2 YOGA JOELLE 75	VINYASA ISHIA 75	BARRE DANAI 60	WATER WORKS MARY THERESE
	10:30 AM POWER HOUR ISHIA		10:30 AM FLEXIBILITY ISHIA	CYCLE 45 PAM	DARE2DANCE STEPHANIE G. 45		BARRE HIIT DANAI
10:30 AM	BARRE DANAI 60	INTER. VINYASA VALERIE	GENTLE YOGA MARYANN 60				
	CYCLE EXPRESS TRISH				CYCLE EXPRESS TRISH 30		
10:45 AM	BODYCOMBAT ADRIENNE		ZUMBA GOLD GINA 45				
11:45 AM	DARE2DANCE STEPHANIE G. 45						
11:45 AM	GENTLE YOGA SANDRA 60	GENTLE YOGA MARYANN 60	RESTORATIVE YOGA MARYANN 60	CHAIR YOGA SANDRA 60	GENTLE YOGA MARYANN 60	11:30 AM BEGINNER YOGA LISA 60	11:15 AM POWER YOGA DANI 75
12:00 PM	DEEP WATER KAREN					<b>SEPTEMBER CHANGES</b>	
1:00 PM	CHAIR YOGA SANDRA 60						
1:15 PM	WATER WORKS GAY MARIE	WATER WORKS SUE	WATER WORKS 50+ GAY MARIE	WATER WORKS 50+ GAY MARIE	WATER WORKS 50+ SUE	<b>ADDED:</b> Monday 10:30am - Power Hour with Ishia Monday 7:30pm - Restorative Yoga with Kathy Tuesday 4:30pm - Pilates with Heidi Wednesday 7:30am - Barre with Heidi Wednesday 9:15am - Barre Fusion with Camille Wednesday 10:30am - Flexibility with Ishia Wednesday 7:15pm - Align & Flow with Saray Thursday 8:45am - Energize & Align with Dani Thursday 10:15am - Barre Fusion with Danai  <b>TIME CHANGE:</b> Monday 6:00pm - Yoga All Levels with Julian Tuesday 10:15am - Cycle will be 45 min Wednesday 6:00pm - Yoga Fund. with Lisa Saturday 9:15am - BodyPump will be 45 min  <b>CANCELED:</b> Thursday 9:15am - BodyPump  <b>CHANGES STARTING                      MONDAY SEPTEMBER 23RD</b> <b>ADDED:</b> Monday 7:30am - Total Body Fusion Monday 12:00pm - Cycle Express with Trish Tuesday 5:30pm - BodyCombat - Studio 2 Wednesday 6:15pm - Zumba with Steph V. Friday 12:00pm - Cycle Express with Trish Friday 5:30pm - Barre Fusion with Heidi  <b>MOVED:</b> Wednesday 6:15pm - BodyPump - Studio 2 Thursday 9:15am - Les Mills Tone - Studio 1 Mon 10:30am - BodyCombat moved to Wed	
2:15 PM	SENIORS IN TRAINING GERRY 60		SENIORS IN TRAINING GERRY 60		SENIORS IN TRAINING GERRY 60		
4:30 PM		PILATES HEIDI					
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		
6:00 PM	YOGA ALL LEVELS JULIAN 75		YOGA FUNDAMENTALS LISA		YOGA ALL LEVELS ALEXIS 60		
6:15 PM	LESS MILLS TONE KARIN 45	CYCLE 45 THERESA	BODYPUMP MARIANNA	CYCLE 45 SARA			
		POWER YOGA JULIA 60		YOGA ALL LEVELS BARBARA 60			
6:30 PM	CYCLE EXPRESS DANAI 30	ZUMBA STEPHANIE G. 60		BODYATTACK DANAI 45			
	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	ALIGN & FLOW SARAY			
		BODYSTEP SHARON					
7:30 PM	RESTORATIVE YOGA KATHY						
	ADVANCED TAI CHI TERESE 30		BARRE GILLIAN 60				

**COLOR KEY**

- PILATES/BARRE
- YOGA
- STRENGTH
- DANCE
- CYCLE
- WATER



# GROUP EXERCISE CLASS DESCRIPTIONS

## ALL LEVELS

**ABS & GLUTES:** Butt busting and ab sculpting exercises!

**BODYPUMP™:** Barbell workout using light to moderate weights with lots of repetition.

**BODYSTEP™:** Basic stepping, 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.

**SHRED & TONE:** Exercise using small hand and ankle weights along with heart pumping dance style cardio.

**SCULPT:** Muscle sculpting and toning exercises. Class is either 30, 45 or 60 minutes long.

**CYCLE:** Stationary cycling. Great music and an instructor that will motivate you as you spin your wheels! **Must sign up.**

**CYCLE EXPRESS:** 30-minutes of intervals set to great, current music. **Must sign up.**

**CYCLE & TONING:** A 45-minute cycle interval class that includes weights for muscle toning! **Must sign up.**

**BARRE:** A non-impact, total mind body workout that combines light weights, intense lower body and abdominal work.

**BARRE FUSION:** Total body barefoot sculpting class. Come sculpt, lengthen and flow in this low impact fusion class.

**PILATES:** Designed to improve physical strength, flexibility and posture.

**PILATES FUSION:** This high energy class focuses on core strength, flexibility, balance and body awareness.

**TOTAL BODY FUSION:** Set to an upbeat playlist, come sculpt, lengthen and flow in this low impact fusion class.

**DARE2DANCE:** Dance and tone with energetic routines coupled with toning exercises to achieve maximal results.

**SH'BAM™ :** Fun-loving, insanely addictive dance workout.

**STEP:** Full-body cardio workout will really tone your butt and thighs.

**ZUMBA®:** Dance your way to a fitter you using unique Latin moves and rhythms. Modifications given.

**DEEP WATER:** Pool exercises done while wearing a flotation device. Includes deep water and toning work.

**H2O BODY BLAST:** Boot camp style workout in the pool. It utilizes both the low and deep end.

**WATER WORKS:** Aerobics in the pool. Non-swimmers are welcome. Toning exercises included.

**WATER WORKS 50+:** Designed for our mature members. Fun and flexibility are stressed.

**ALIGN & FLOW:** A yoga class designed to help you pay attention to alignment and breath as you move through your practice.

**ENERGIZE AND ALIGN:** Deepening your awareness and understanding of proper alignment all while utilizing breath.

**RESTORATIVE YOGA:** 5-6 poses supported by props (child's pose, gentle twists, seated forward folds and gentle back bends).

**YOGA ALL LEVELS:** Great class for someone who is just learning or wanting to perfect what they already know.

**YOGA FUNDAMENTALS:** Get a basic knowledge of yoga in this 60 minute beginner class.

**YOGA FLOW:** Meditation in motion, designed to build flexibility and strength while linking your movement with your breath.

**BEGINNER YOGA:** Great for a true beginner or someone who hasn't taken a yoga class in a while.

**GENTLE YOGA:** Slow things down a bit and gradually work your way into postures. Transitions are kept simple.

**CHAIR YOGA:** Designed for members with limited abilities of holding regular poses, getting down and up off the floor.

**INTRO 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 vital energy.

**SENIORS IN TRAINING:** Help seniors improve balance, coordination, build bone density. Includes doing some exercises from a chair and using light weights to help prevent injury and stop the further development of Osteoporosis.

**SENIOR FITNESS:** Cardio vascular health, strength, mobility, flexibility, breath-work, and balance. All work is done standing or with the use of the wall. Props include light weight and resistance bands. Cardio work is done with body weight in circuit form.

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

## BEGINNER

## INTERMEDIATE

**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.

**BODYCOMBAT™:** High-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to strength.

**INTERMEDIATE VINYASA:** Breath synchronized movement and a wide variety of poses, sequences, and challenging progressions.

**FLEXIBILITY:** Accessing yoga and dance training techniques as well as using weights, straps and blocks we will safely explore ways to increase mobility and improve your range of motion.

**BARRE HIIT:** Accessing yoga and dance training techniques as well as using weights, straps and blocks we will safely explore ways to increase mobility and improve your range of motion.

## ADVANCED

**PILATES CHALLENGE:** Intensive pilates choreography that builds from core basics. Knowledge of pilates required.

**PILATES CORE:** Develop core strength using roller, rings and bands. Appropriate for all levels.

**ADVANCED TAI CHI:** An ancient Chinese martial art that consists of slow movements that increase the body strength, range of motion and overall balance. Movements are designed to increase the flow of chi, or vital energy.

**POWER YOGA:** A vigorous style of yoga concentrating on strength and flexibility.

**POWER HOUR:** Take your yoga practice up a notch. With a strong focus on core strength, alignment and stamina, this Vinyasa based class will challenge and change you. Yoga experience is recommended, athletic beginners welcome.

**VINYASA:** Breath synchronized movement and offers a wide variety of poses, sequences, and challenging progressions.

**LEVEL 2 YOGA:** One must have some yoga experience and be ready to attempt inversions.