



GROUP FITNESS SCHEDULE

EFFECTIVE SEPTEMBER 2016

~classes and times subject to change without notice~

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	**Krank & Weights Gina (KC)		**Krank & Weights Gina (KC)		**Krank & Weights Gina (KC)	7:00 AM Cycling Marilee/Carrie(AR)
5:05 AM	Cardio Boost* Michelle (DR)		Cardio Boost* Michelle (DR)		Cardio Boost* Michelle (DR)	
5:30 AM	Full Body Circuit Lisa H. (AR)	Cycling Steve (AR)	Muscle Max Lisa H. (AR)	Cycling Steve (AR)	30/30 Lisa H. (AR)	Cardio Shock Sarah (DR)
5:45 AM	Muscle Max Sarah (DR)	Cardio Shock Sarah (DR)	Muscle Max Sarah (DR)	Cardio Shock Sarah (DR)	Muscle Max Sarah (DR)	Muscle Max Melanie J. (AR)
5:45 AM				Zumba Heather (N. Gym/SR)		TRX Marilee/Carrie (DR)
7:00 AM					Power Yoga Mitch (DR)	8:00 AM
	Cycling Stephanie (AR)		Cycling Stephanie (AR)			
8:15 AM	**Barre Strength & Tone Shal (DR)			**Barre Strength & Tone Shal (DR)	Cardio Interval Marilee (AR)	9 AM Zumba Kimberly (DR/Gym)
8:15 AM	Cardio Shock Marilee (AR)	**Stretch Patricia (DR)	Athletic Challenge Marilee (AR)	**Stretch Patricia (AR)		9:30 AM Silver Sneakers Circuit Sarah (AR)
8:30 AM	**Krank & Weights Lori S. (KC)		**Krank & Weights Lori S. (KC)		**Krank & Weights Lori S. (KC)	
8:30 AM						
9:00 AM	Core/Bosu Shal (DR)	Yoga-Hatha Basics Jessy B. (AR)	Circuit & Abs Melanie J. (DR)	Yoga TyAnne (AR)	High Fitness Halley/Patrice (DR)	 Classic -Mon 10:35am -Tues 11:00am -Fri 9:30am Circuit -Mon 9:30am -Wed 9:30am -Wed 10:35am -Thurs 11:15am -Sat 9:30am Yoga -Fri 10:35am
		Cardio Shock Jessica (DR)		TRX Shal (DR)		
9:30 AM	Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Classic Chelsea(AR)	
10:00 AM	Zumba Kimberly (DR)	Cycling Sue (AR)	Zumba Kimberly (DR)	Cycling Shal (AR)	Barre Strength & Tone Marilee/TyAnne (DR)	
		Modified TRX Marilee (DR)				
10:15 AM						
10:35 AM	Silver Sneakers Classic Carrie(AR)				Silver Sneakers Yoga Chelsea (AR)	
11:00 AM						
11:15 AM		Silver Sneakers Classic Carrie (AR)		Silver Sneakers Circuit Angie(AR)		
12:00 PM	High Fitness Jamie (DR)				**Kickboxing (AR) TyAnne	
12:00 PM	**Kickboxing Lisa M. (AR)	**TRX Marilee (DR)	**Yoga Jessy B. (AR)	**Muscle Max Marilee (DR)	**Zumba (DR) Carrie	
12:45 PM		*Stretch Patricia (DR)				
5:30 PM						*30 min class **45 min class ***75 min class All other classes are 55 minutes.
6:00 PM	Cycling Stephanie (AR)	Athletic Challenge Laurene (AR)	Cycling Stephanie (AR)	Boxing Boot Camp Whitney (AR)		
	Cardio/Strength Interval Laurene (DR)		High Fitness Halley/Patrice (DR)			
7:00 PM		Barre Lori H. (AR)	Zumba Elaine (AR)	Zumba Heather (AR)		Dance Room----(DR) Aerobics Room(AR) Krank Cycles----(KC) Splash Room----(SR)
		**Krank Gina (KC)		**Krank Gina (KC)		
7:10 PM				**Pump & Abs Whitney (DR)		
8:00 PM	Zumba Kimberly (DR)					

Changes are shown in red.

30/30: 30 minutes of cardio and 30 minutes of muscle & core work.

Athletic Challenge: Cardio & strength training class utilizing hand weights, steps, spin bikes, and jump ropes with intervals of walk/running on the track. It's a fun, fast, and athletically challenging class that can be modified for all fitness levels. Works the entire body in just an hour!

Boxing Boot Camp: From sequences that work the bags to weight lifting exercises this class will challenge you and ultimately, change you. You get the best of all aspects of fitness in less than an hour! All levels of fitness are welcome. The music will invigorate you, the instructor will motivate you and the class will empower you to reach your fitness goals.

Barre Strength & Tone: A fun, high energy experience! Combining Yoga, Pilates, and Ballet moves to slim, strengthen, stretch, and tone your body.

Cardio Shock: This fast paced class combines high and low impact exercises to really work your heart and lungs. Push yourself to the next level with this superb calorie burner.

Cardio Boost: Start your day with a cardio high! This Thirty minute class includes the best of any type of cardio training the instructor brings to the floor! Some days you may do pure-aerobic, some days step, some day's high intensity intervals, or dance fitness – Do the quick 1/2 hour class or extend your workout and stay for Muscle Max immediately following for a full body muscle / cardio mix!

Cardio/Strength Interval: A comprehensive workout including intervals of cardio and strength exercises, followed by a total body stretch. This class is easily modified for all fitness levels and includes intervals of step, walk/run on the track, hand weights, jump ropes, and floor exercises.

Circuit & Abs: This weight lifting class focuses on low weights and high repetition movements that will sculpt, tone, and strengthen your body fast.

Core/Bosu: This exciting workout combines a moderate to high intensity cardio, core, and strengthening workout. Enjoy energy building cardio choreography and muscle strengthening all in one fun class. Appropriate for all fitness levels.

Cycling: Designed to improve cardiorespiratory and muscular endurance. Class includes a variety of terrain that is easy enough for everyone to follow. Proper alignment, body mechanics, and goal specific training will be taught. It's a fun ride and a challenging workout!

Full Body Circuit: A full hour for your whole body. Come work hard and increase your overall fitness through a variety of cardio and muscle exercises. Utilizing the bike, track, gym, and entire spectrum of exercise equipment you will never get bored.

High Fitness: Jump and dance your way into fitness! This plyometric dance fusion class will get your heart pounding and your body moving as you turn up the heat in this high intensity class.

Hip Hop: Have fun dancing your way into fitness! This class breaks down hip-hop moves into a fun and easy to follow and energetic class. Don't let the name intimidate you...this class takes the fun up a notch with super-hot moves that will leave everyone wanting more!

Kickboxing: Bust the bags and get your body moving! Kickboxing is a heart pounding, gut busting way to build your endurance & tone your body.

Krank Cycle: Kranking provides a new way to build aerobic capacity and upper body strength while burning calories and building core stability. Because it utilizes the upper body instead of the legs, it represents a unique cross-training opportunity for all athlete types.

Muscle Max: Come pump up your metabolism, build muscle mass, and strengthen those bones! This class is designed to build muscular strength and endurance. We will be using equipment ranging from free hand weights to stretch bands to barbells to bosu.

Pump & Abs: This weight lifting class focuses on low weights and high repetition movements that will sculpt, tone, and strengthen your body fast.

Stretch: A total-body stretch class. Strengthen connective tissue and stretch muscles you didn't know you had. This class is designed to improve the elasticity of your muscles and restore and reaffirm comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Open to all levels.

TRX: A fun, energetic class that fuses strength training TRX moves with a variety of other fitness disciplines such as cardio, free weights, bosu and more!

Yoga: Yoga improves circulation, strengthens muscles, increases flexibility and breath capacity, reduces stress, improves well-being, and challenges your mind. Class includes various poses and some meditation and relaxation.

Zumba: Fuses hypnotic Latin flavor and international zest with easy to follow moves. Achieve long term benefits while experiencing and exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing, awe inspiring moves. Routines and resistance are varied to tone and sculpt, while burning fat. Come have a fitness party with Zumba!

Senior Fitness: Classes designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance.

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

Silver Sneakers Circuit: Combine fun with fitness to increase your cardio & muscular endurance, muscular strength, and balance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low impact aerobics choreography. A chair is used for standing support, stretching, and relaxation exercises.

Silver Sneakers 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 seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.