



# GROUP FITNESS SCHEDULE

**EFFECTIVE DEC 2018**

~classes and times subject to change without notice~

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
<b>5:05 AM</b>	**Krank & Weights Gina (KC)	*Run for Fun Jackie (Track)	**Krank & Weights Gina (KC)	*Run for Fun Jackie (Track)	**Krank & Weights Gina (KC)	<b>7:00 AM</b>	Cycling Marilee/Carrie (AR)
	*Cardio Boost Michelle/Sarah (DR)		*Cardio Boost Michelle/Sarah (DR)		*Cardio Boost Michelle/Sarah (DR)		Step Sarah (DR)
<b>5:30 AM</b>	Full Body Circuit Lisa H. (AR)	Cycling Steve (AR)	Muscle Max Lisa H. (AR)	Cycling Steve (AR)	30/30 Lisa H. (AR)	<b>8:00 AM</b>	Muscle Max Melanie J. (AR)
<b>5:35 AM</b>	Muscle Max Sarah (DR)	Cardio Shock Sarah (DR)	High/Low Sarah (DR)	Cardio Shock Sarah (DR)	Muscle Max Sarah (DR)		TRX Marilee/Carrie (DR)
<b>5:45 AM</b>				Zumba Heather (N. Gym)		<b>9am</b>	Zumba Kimberly (DR/Gym)
<b>6:35 AM</b>		High Fitness Bethany (DR)			Cycling Emily (AR)		Silver Sneakers Circuit Sarah (AR)
<b>7:00 AM</b>	Cycling Stephanie (AR)	PIYO Natalie (AR)	Cycling Stephanie (AR)	Cycle Sculpt Stephanie (AR)	Power Yoga Mitch (DR)	<b>10:00am</b>	
			Insanity Natalie (DR)	LaBlast Suzanne (DR)			
<b>8:00am</b>			Low Impact Aerobics for Active Seniors Cindy (DR) 50min			<p><b>UPCOMING GROUP FITNESS EVENTS</b></p> <p><b>Weight room Orientation Saturday Dec 15 9:00am</b></p> <p><b>T'was the Workout before Christmas Monday Dec 24 8-9:30am</b></p> <p><b>Last Chance New Years workout Monday Dec 31 8-9:30am</b></p> <p><b>Group Fitness Classes are for participants 14 and Older</b></p> <p><b>*30 min class **45 min class All other classes are 55 minutes.</b></p>	
<b>8:15 AM</b>	**Barre Strength & Tone Shal (DR)			**Barre Strength & Tone Shal (DR)	Cardio Interval Marilee (AR)		
	Cardio Shock Marilee (AR)	**Stretch Patricia (DR)	Athletic Challenge Marilee (AR)	**Stretch Patricia (AR)			
<b>8:30 AM</b>	**Krank& Weights Lori S. (KC)		**Krank& Weights Lori S. (KC)		**Krank & Weights Lori S. (KC)		
<b>9:00 AM</b>	Core/Bosu Shal (DR)	Yoga-Hatha Basics Mitch (AR)	Circuit & Abs Melanie J. (DR)	Yoga TyAnne (AR)	High Fitness Bethany (DR)		
		Cardio Shock Jessica (DR)		TRX Shal (DR)			
<b>9:30 AM</b>	Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Classic Carrie (AR)		
<b>10:00 AM</b>	Zumba Kimberly (DR)	Cycling Carrie (AR)	Zumba Kimberly (DR)	Cycling Shal (AR)	Barre Strength & Tone Marilee/TyAnne (DR)		
		TRX Marilee (DR)					
<b>10:30AM</b>	Silver Sneakers Yoga (10:35) Marilee(AR)		Silver Sneakers Yoga Marilee (AR)		**Silver Sneakers Classic Carrie (AR)		
<b>11:00 AM</b>	LaBlast Suzanne (DR)	Silver Sneakers Classic(11:15) Carrie (AR)		Silver Sneakers Circuit(11:15) Angie(AR)			
<b>12:00 PM</b>	**High Fitness Jamie (DR)		**Functional Fitness Jamie (Track)		**Kickboxing (AR) TyAnne		
	**Kickboxing TyAnne (AR)	**TRX Marilee (DR)	Power Yoga TyAnne/Aliza (AR)	**Muscle Max Marilee (DR)	**Zumba (DR) Jill		
<b>6:00 PM</b>		**Muay Thai Zan (AR)	Cycling Jackie B. (AR)				
	Cardio/Strength Interval Laurene (DR)		High Fitness Shannon (DR)				
<b>7:00 PM</b>	ReFit (7:30-8:30) Cara (AR)	Barre Lori H. (AR)	Total Body Jackie B. (AR)	Zumba Michelle (DR)			
		**Krank Gina (KC)		**Krank Gina (KC)			
<b>8:00 PM</b>	Zumba Kimberly (DR)	Yoga Crystal (AR)		PIYO Natalie (AR)			

**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!

**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.

**Functional Fitness:** Walk/Run, Weights, and Resistance Training. Ever wanted to do a 5K but thought running/walking on the track was boring, this class makes getting in shape fun and interesting. We will meet up at the top of the stairs. All fitness levels are welcome!

**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.

**Insanity:** Master athletic training drills, cardio conditioning, and strength training to reach your personal best, no matter where you're starting from.

**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.

**LaBlast:** Is a partner-free dance fitness workout created by world-renowned dancer and fitness expert Louis van Amstel (as seen on ABC's Dancing with the Stars). It's accessible for all levels – from the absolute beginner to the experienced dancer. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance, or just have a great time, LaBlast offers something for everyone.

**Muay Thai** is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. You will learn about Muay Thai, gain/increase self-confidence, self-defense, enjoy a great workout.

**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.

**ReFit:** ReFit is a high cardio dance workout. It is a fast paced technical dance workout using professionally choreographed routines.

**Run for Fun:** This fun early morning workout with personal trainer Jackie Berg. Held in the turf, this class is a good way to get a quick 25 min cardio exercise in. Someone that does not have much time? This class is for you! No running experience necessary.

**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.

**Total Body Workout:** This class is for all fitness levels. It will incorporate; strength, cardio, core, balance, and flexibility. A workout from head to toe

**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 an 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.

**Low Impact Aerobics for Active Seniors:** This class is the perfect fit for someone who is active and looking for a Total Body Workout that is easy on the joints. Set to fantastic music, we will work every muscle group using a unique set of exercises, while providing the necessary Cardio and stretching. A chair is available if needed for seated or standing support.

**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.