



# GROUP FITNESS SCHEDULE EFFECTIVE SEP 2019

~classes and times subject to change without notice~

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
<b>5:05 AM</b>	Krank & Weights Gina (KC)45min		Krank & Weights Gina (KC)45min		Krank & Weights Gina (KC)45min	<b>7:00 AM</b>	Cycling Emily (AR)
	Cardio Boost -30min Michelle/Sarah (DR)		Cardio Boost-30 min Michelle/Sarah (DR)		Cardio Boost-30 min 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 Chelsey/Danielle (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 Emily (DR)
<b>5:45 AM</b>		Zumba Jill (N. Gym)		Zumba Heather (N. Gym)		<b>9am</b>	Zumba Kimberly (DR/Gym)
<b>6:30 AM</b>					Cycling Emily (AR)		Silver Sneakers Circuit Sarah (AR)
<b>6:35 AM</b>		High Fitness Bethany (DR)	TABATA Alle (DR)	High Fitness Courtney (DR)		<b>10:00am</b>	
<b>7:00 AM</b>	Cycling Stephanie (AR) 50 min		Cycling Stephanie (AR) 50 min	Cycle Sculpt Stephanie (AR)	Power Yoga Mitch (DR)		
	Basic Zumba Sheilah (DR) 45min						
<b>7:50 AM</b>	Weight Challenge Stephanie (AR) 15 min		Weight Challenge Stephanie (AR) 15 min			<p style="color: green; font-weight: bold; margin: 0;">UPCOMING GROUP FITNESS EVENTS</p> <p style="font-weight: bold; margin: 5px 0 0 0;">Weight Room orientation</p> <p style="font-weight: bold; margin: 5px 0 0 0;">Saturday Sep 7 9:00am &amp; Saturday Oct 5 9:00am</p> <p style="font-weight: bold; margin: 5px 0 0 0;">--</p> <p style="font-weight: bold; margin: 5px 0 0 0;">Body Respect Seminar</p> <p style="font-weight: bold; margin: 5px 0 0 0;">September 23 6:30-8:00pm</p> <p style="font-weight: bold; margin: 5px 0 0 0;">Sign up at the front desk</p>	
<b>8:00am</b>		Stretch Patricia (DR) 45min	Low Impact Aerobics for Active Seniors Cindy (DR) 50min	Stretch Patricia (AR) 45min			
		Ab Blast Mitch (AR) 50 min					
<b>8:15 AM</b>	Barre Strength & Tone Shal (DR) 45min			Barre Strength & Tone Shal (DR) 45min	Cardio Interval Marilee (AR)		
	Cardio Shock Marilee (AR)		Athletic Challenge Marilee (AR)				
<b>8:30 AM</b>	Krank& Weights Lori S. (KC)45min		Krank& Weights Lori S. (KC)45min		Krank & Weights Lori S. (KC)45min		
<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/Courtney (DR)		
		Cardio Shock Leah (DR)		TRX Shal (DR)			
<b>9:30 AM</b>	Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Circuit Marilee (AR)		Silver Sneakers Classic Marilee (AR)		
<b>10:00 AM</b>	Zumba Kimberly (DR)	Cycling TyAnne (AR)	Zumba Kimberly (DR)	Cycling Shal (AR)	Barre Strength & Tone TyAnne (DR)		
		TRX Marilee (DR)					
<b>10:35AM</b>	Silver Sneakers Yoga Marilee (AR)		Silver Sneakers Yoga Marilee (AR)		Silver Sneakers Yoga Marilee (AR)		
<b>11:00 AM</b>	Stretch & Foam Roll TyAnne (DR)	Silver Sneakers Classic Alicia (AR)		Silver Sneakers Circuit Alicia (AR)			
<b>12:00 PM</b>	High Fitness Jamie (DR) 45min		Functional Fitness Jamie (Track/DR) 45min		Kickboxing (AR) TyAnne 45min		
	Kickboxing TyAnne (AR) 45min	TRX Marilee (DR) 45min	Yoga- Stretch & Strengthen Aliza (AR) 45min	Muscle Max Marilee (DR) 45min	Zumba (DR) Jill 45min		
<b>6:00 PM</b>			Strengthen & Lengthen TyAnne (AR)				
	Cardio/Strength Interval Laurene (DR)		High Fitness Shannon (DR)				
<b>7:00 PM</b>	Muay Thai Zan (AR)	Barre Lori H. (AR)	Spin & Strengthen TyAnne (AR)	Zumba Michelle (DR)			
		Krank Gina (KC)45min		Krank Gina (KC)45min			
		LaBlast Suzanne (DR)		TABATA Alle (AR)			
<b>8:00 PM</b>	Zumba Kimberly (DR)	Yoga Crystal (AR)	Myofascial Release/ Foam Roll JP (AR)	Yoga Crystal (AR)			

All classes are 55 min  
unless indicated  
otherwise

Dance Room---(DR)  
Aerobics Room (AR)  
Krank Cycles----(KC)

**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 calorie burning class.

**Cardio Boost:** Start your day with a cardio high! This Thirty minute class includes the best of any type of cardio training. Some days you may do pure-aerobic, some days step, some day's high intensity intervals, or dance fitness.

**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.

**High/Low:** 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.

**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 ballroom type dance fitness workout accessible for all ages and 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, it 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.

**Stretch:** A total-body stretch class. Strengthen connective tissue and stretch muscles. 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.

**Stretch/Foam Roll/Myofascial Release:** Releasing tension from your trigger points, Myofascial release enables your muscles to stretch and move more easily. Both the stretch and stretch foam roll classes are open to all fitness levels.

**TABATA** This class is a fun, fast-paced, fat-burning workout featuring intervals of work and rest. The class format will keep all fitness levels burning calories at their own pace. A full body workout and stretch in just under an hour

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

**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. Power Yoga is a more intense harder yoga workout. Vinyasa is a basic flow yoga that is good for all levels.

**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:** 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.