



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness: SPRING Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6:00-7:00am Kandys/Dawn	Body Pump 5:15 – 6:15am Dawn G	Cycling 6:00-7:00am Kandys/Dawn	Body Pump 5:15 – 6:15am Dawn G	Senior Fitness 8:30-9:15am Robin	Body Pump 8:00 – 9:00am Rotation
Bootcamp 6:00-6:45am April	Water Aerobics 9:00-10:00am Marge	Senior Fitness 8:30-9:15am Robin	Water Aerobics 9:00-10:00am Irene	Water Aerobics 9:00-10:00am Rotation	
Senior Fitness 8:30-9:15am Robin	Silver Sneakers 10:30-11:15am Lynda	Water Aerobics 9:00-10:00am Irene	Silver Sneakers 10:30-11:15am Lynda	Lunch Crunch 12:00-12:30pm Amanda/Kara	
Water Aerobics 9:00-10:00am Marge	Lunch Crunch 12-12:30pm Amanda	Vinyasa Yoga 9:25-10:15am Angel	Lunch Crunch 12:00-12:30pm Amanda		
Cardio & Strength 9:20-10:00am Amanda	Body Pump 5:30 – 6:30pm Tina	Intermediate Strength 10:30-11:30a Registration required Kara	Body Pump 4:30 – 5:30pm Tina	<p>Unlocking Brain Fitness: Keys to Dementia Prevention is a 10-week evidence-based course developed by doctors to help people aged 55+ make lifestyle changes to reduce the risk of Alzheimer's and other forms of dementia. Summer class starting end of May</p> <p>Beginner Strength and Intermediate Strength run as sessions and require registration. Beginner Strength : Mondays/Wednesdays at 11:30 with Tammi</p> <p>AM CYCLING ends April 26</p>	
Lunch Crunch 12-12:30pm Kara		Lunch Crunch 12:00-12:30 pm Kara	Pound 6:00-7:00 pm Candace		
Vin – Yin Yoga 4:15- 5:05pm Angel		Zumba* 5:15-6:00 pm Andrea			
Full Body Workout 5:30-6:15pm Becky		Full Body Workout 6:05-6:35pm Becky			

Class Descriptions

Beginner Strength: This is a great class to introduce basic free weight and strength movements and learn correct form to help you gain knowledge and confidence to create your own free weight exercise routines. **Class offered in sessions**

Body Maintenance: We have to make time to give to our body for all that it gives to us. This class combines myofascial release and movement to increase range of motion and muscle elasticity

BODY PUMP™: The original barbell class that strengthens your entire body. This workout entails exercises that work a specific muscle group such as squats, chest press, clean and press, bicep curls, and much more! Great music, awesome instructors, and your choice of weight inspire you to achieve the results and goals you came for! Intermediate-Advanced
*Express format is 45 minutes and full Body Pump is 1 hour long

Cardio & Strength: This class believes variety is the spice of fitness so we incorporate cardio and strength training into each class using a variety of different methods. This class is designed and modifiable for a variety of fitness levels.

Cycling Cycling: Stationary biking class that combines different elements of speed, strength, and endurance. And great music and rhythm in every class! Bring a water bottle and padded shorts are suggested but not required. All skill levels are welcome!

F.I.T: Full Body Interval Training: Enjoy a mix of circuit and tabata style training to challenge your whole body!

Full Body Workout: A 30 minute fast paced full body workout class that combines strength and cardio. Perfect combination for a great workout! All skill levels are welcome!

Intermediate Strength: For those who understand or have a basic knowledge of free weights and would like to learn more to push from their current workout. In addition to free weights, you'll learn how to use other standard weight room pieces of equipment such as: kettle bells, TRX, Battle Ropes and cable machines. **Class offered in sessions**

Lunch Crunch: Is a 30m workout involving cardio and strength work with use of a variety of equipment. Class setup may include tabatas and intervals allowing you to move at your pace.

POUND®: is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, and improving your health and rocking out!

Senior Fitness: Designed for active older adults, this class is a great way to make exercise a part of your life. This workout consists of various exercises to help maintain strength and range of motion.

Silver Sneakers: Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubes, small balls, and a chair are used for seated and/or standing support. This class is designed for seniors and active older adults. All skill levels are welcome!

Vin Yin Yoga: Enjoy a balance of movement and stillness as practice incorporates a warming flow and holding poses to reach the deeper layers of the body leaving you feeling peaceful and balanced.

Vinyasa Flow- offers unique sequencing of sun salutations, balancing postures, inversion and back bending - linking the movement of the body with the power of the breath. This class is taught with music and is available to all, with modifications and variations of the poses. The practice builds strength, improves flexibility, challenges balance and calms your mind by focusing on the present moment and breath.

Water Aerobics: This full-body workout is a combination of cardio endurance, muscle conditioning, and interval training. You do not need to put your head under water, but your hair may get wet. Great low impact workout! Ages 14 and up

ZUMBA™: Try one of the hottest classes in the fitness industry! This workout has been dubbed 'exercise in disguise' because it incorporates dancing to the beats of Latin-inspired music such as Salsa, Merengue, Cumbia, and Reggaton. Come try it out for fun and effective workout! All skill levels welcome!