



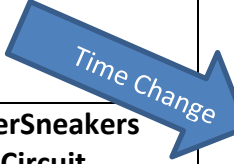


Group Fitness JANUARY

2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cycle Express 45 2-Taylor 9 th & 30 th -Tabatha 16 th & 23 rd -Lexi	Insanity Rene'	STRONGER! Tabatha 4 th -Taylor	Insanity 5 th -Rene' 12 th , 19 th , 26 th - Nathan		FLOOR 7 th -Lisa-Functional Strength Training 14 th - Zumba 21 st -Alexandra 20/20/20 28 th - Tabatha- Cardio Kickboxing <div style="text-align: center;">  By REQUEST! </div> CYCLE 7 th - Lana 14 th & 21 st -Lexi 28 th - Lisa <div style="text-align: center;">  </div>
8:30 am	Tone & Tighten Nancy Water Tabatha 2 nd -Teresa	Zumba Yutty Water Maureen Cycle Express 45 3 rd -Lisa 10 th - Tabatha 17 th & 31 st - Lexi 24 th - Lisa	Pilates Matwork Rene' Water Stephanie	HIIT Bryson, 5 th -Taylor Water 5 th & 19 th -Maureen 12 th -Tabatha 26 th -Teresa	Zumba Yutty Water Teresa	
9:45 am	SilverSneakers Classic Tabatha 2 nd - Nancy	Step & Strength Nancy	SilverSneakers Circuit Rene'	Brain & Body Teresa Cycle Bryson, 5 th Taylor	Tone & Tighten Nancy	Beginner Cycling Monday & Wednesdays 8:30am **For more info, contact Alana ----- <i>This will be Rene's last month teaching group fitness with us. Thank you, Rene' for your many years and awesome classes. We wish you the best!</i> ----- <i>What the new year brings to you will depend a great deal on what you bring to the new year!</i> 😊
11:00 am	Gentle Yoga Stretch Tabatha 2 nd -Nancy	Gentle Yoga Stretch Jessi 10 th -Taylor	Gentle Yoga Stretch Tabatha 4 th -Taylor	Flow Yoga Bryson, 5 th -Jessi	Gentle Yoga Stretch Tabatha 6 th -Jessi	
4:30 pm	Zumba Yutty		Zumba Yutty			
5:45 pm	HIIT/Tabata 2 nd & 23 rd - Karen 9 th -Kim 16 th & 30 th - Taylor	Cycle Express 45 3 rd & 31 st - Lisa 17 th -Lana 10 th & 24 th - Lexi	ChiQong Julie			



CLASS DESCRIPTIONS

Cycle: Energetic music in our low-light cycling studio is used to set the mood here! Get a great low body workout concentrating on power, speed and endurance.

Cycle Express 45: A shorter version for those on the go! 5 Minute Warm-Up / 30 Minute Ride / 10 Minute Cool Down & Stretch

***Zumba:** A fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, body-energizing, awe-inspiring movements to create a one-of-a-kind dance fitness class that will blow you away!

Step & Strength: An awesome cardio session in this combo class. Incorporate strength training exercises using props. Interval style or as an entire half hour back-to-back non-stop workout.

Insanity: Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.

STRONGER!- Strength training class with a “twist”. This class is geared towards those members in the weight room who need an extra push. Full-body workout using various equipment.

HIIT/Tabata: High Intensity Interval Training, using the tabata design of 20 seconds of work, followed by 10 seconds of rest.

***Tone & Tighten:** Tone and tighten your body from head to toe, using various equipment. Toning exercises are set to great music for a fun class, guaranteed! All levels and ages welcome!

20/20/20: 20 minutes of 3 different workouts offered in 1 hour. A great way to experience 3 classes in 1!

Cardio: Elevate the heart rate **Barre:** Enhance balance and agility **Core:** Tone core complex

***Qigong:** (pronounced Chee-GONG) is a mind-body practice that is essentially a moving meditation. Regular practice enhances the vital energy in your body which has many benefits including improved energy, stronger immune system, better sleep, improved strength and more!

***Gentle Yoga Stretch:** Increase flexibility & strength with postures that open the body. Learn to use breathing exercises to release areas of tension. Sticky mat and bare feet recommended.

Flow Yoga: A form of yoga utilizing various postures to build heat in the body while focusing on the flow of breath and movement. Flow yoga emphasizes a balance of strength and flexibility through holding poses longer as well as incorporating a vinyasa style with greater variety of postures and fluid transitions. Poses will include forward folds, backbends, twists and inversions.

Previous yoga experience is advised. Sticky mat recommended; bare feet recommended.

***Pilates:** Build balance and core strength with exercises focusing on spine extension, flexion, and rotation through joint stabilization. Sticky mat recommended; bare feet recommended.

***SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

***SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

***Brain & Body:** For our active aging members--Enjoy movement, games & drills that will help improve brain function, maximize reaction time & enhance left & right brain interaction through movement and play.

***Water:** Properties of rebound, speed, travel, surface and suspension are utilized for a well-balanced water workout. Props, such as noodles and/or handbells may be used for stability and added resistance. *Class held indoors currently.*

***Functional Strength Training-**Strengthen & build lean muscle in this fun weightlifting class using lower weights and higher repetitions.

***Perfect for beginners and older participants**

*We are looking forward to an awesome 2023!
If you have any questions, suggestions, or feedback—Please let me know.
Thank you!
Tabatha Mann, Group Fitness Coordinator*