



# Group Fitness JANUARY

2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	<b>Cycle Express 45</b> 2-Taylor 9 <sup>th</sup> & 30 <sup>th</sup> -Tabatha 16 <sup>th</sup> & 23 <sup>rd</sup> -Lexi	<b>Insanity</b> Rene'	<b>STRONGER!</b> Tabatha 4 <sup>th</sup> -Taylor	<b>Insanity</b> 5 <sup>th</sup> -Rene' 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> - Nathan		<b>FLOOR</b> 7 <sup>th</sup> -Lisa-Functional Strength Training 14 <sup>th</sup> - Zumba 21 <sup>st</sup> -Alexandra 20/20/20 28 <sup>th</sup> - Tabatha- Cardio Kickboxing <div style="text-align: center;">               By REQUEST!           </div> <b>CYCLE</b> 7 <sup>th</sup> - Lana 14 <sup>th</sup> & 21 <sup>st</sup> -Lexi 28 <sup>th</sup> - Lisa <div style="text-align: center;">  </div>
8:30 am	<b>Tone &amp; Tighten</b> Nancy  <b>Water</b> Tabatha 2 <sup>nd</sup> -Teresa	<b>Zumba</b> Yutty  <b>Water</b> Maureen <b>Cycle Express 45</b> 3 <sup>rd</sup> -Lisa 10 <sup>th</sup> - Tabatha 17 <sup>th</sup> & 31 <sup>st</sup> - Lexi 24 <sup>th</sup> - Lisa	<b>Pilates Matwork</b> Rene'  <b>Water</b> Stephanie	<b>HIIT</b> Bryson, 5 <sup>th</sup> -Taylor  <b>Water</b> 5 <sup>th</sup> & 19 <sup>th</sup> -Maureen 12 <sup>th</sup> -Tabatha 26 <sup>th</sup> -Teresa	<b>Zumba</b> Yutty  <b>Water</b> Teresa	
9:45 am	<b>SilverSneakers Classic</b> Tabatha 2 <sup>nd</sup> - Nancy	<b>Step &amp; Strength</b> Nancy	<b>SilverSneakers Circuit</b> Rene'	<b>Brain &amp; Body</b> Teresa  <b>Cycle</b> Bryson, 5 <sup>th</sup> Taylor	<b>Tone &amp; Tighten</b> Nancy	<b>Beginner Cycling</b> 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	<b>Gentle Yoga Stretch</b> Tabatha 2 <sup>nd</sup> -Nancy	<b>Gentle Yoga Stretch</b> Jessi 10 <sup>th</sup> -Taylor	<b>Gentle Yoga Stretch</b> Tabatha 4 <sup>th</sup> -Taylor	<b>Flow Yoga</b> Bryson, 5 <sup>th</sup> -Jessi	<b>Gentle Yoga Stretch</b> Tabatha 6 <sup>th</sup> -Jessi	
4:30 pm	<b>Zumba</b> Yutty		<b>Zumba</b> Yutty			
5:45 pm	<b>HIIT/Tabata</b> 2 <sup>nd</sup> & 23 <sup>rd</sup> - Karen 9 <sup>th</sup> -Kim 16 <sup>th</sup> & 30 <sup>th</sup> - Taylor	<b>Cycle Express 45</b> 3 <sup>rd</sup> & 31 <sup>st</sup> - Lisa 17 <sup>th</sup> -Lana 10 <sup>th</sup> & 24 <sup>th</sup> - Lexi	<b>ChiQong</b> Julie			

Time Change

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## 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*