



# Group Fitness MAY

2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 9:15am
5:30 am	<b>Cycle Express 45</b> 1 <sup>st</sup> -Lexi 8 <sup>th</sup> & 15 <sup>th</sup> -Marissa 22-Tabatha	<b>Insanity</b> Nathan		<b>Insanity</b> Nathan		<b>FLOOR</b> 6 <sup>th</sup> -Karen- TABATA 13 <sup>th</sup> -Yutty- Zumba! 20 <sup>th</sup> -Marissa-Line Dancing 27 <sup>th</sup> -Alex- 20/20/20  <b>CYCLE</b> 6 <sup>th</sup> -Lexi 13 <sup>th</sup> -Lana 20 <sup>th</sup> -Lexi 27 <sup>th</sup> -NO CLASS
8:30 am	<b>Tone &amp; Tighten</b> Nancy  <b>Water</b> Tabatha	<b>Zumba</b> Yutty  <b>Water</b> Ginny 23 <sup>rd</sup> - Jane <b>Cycle Express 45</b> 2 <sup>nd</sup> & 16 <sup>th</sup> -Lexi 9 <sup>th</sup> -Marissa 23 <sup>rd</sup> & 30 <sup>th</sup> -Tabatha	<b>Pilates</b> 3 <sup>rd</sup> ,17 <sup>th</sup> , 31 <sup>st</sup> -Tabatha 10 <sup>th</sup> & 24 <sup>th</sup> -Kim  <b>Water</b> Stephanie	<b>Cardio Kickboxing</b> Tabatha  <b>Water</b> 4th, 18 <sup>th</sup> , 25 <sup>th</sup> -Teresa 11 <sup>th</sup> -Marissa  <b>Cycle Express 45</b> Bryson 4th-Lexi	<b>Zumba</b> Yutty  <b>Water</b> 5 <sup>th</sup> -Tabatha 12 <sup>th</sup> -Teresa 19 <sup>th</sup> -Marissa 26 <sup>th</sup> -Jane	
9:45 am	<b>SilverSneakers Classic</b> 1 <sup>st</sup> & 15th-Tabatha 8 <sup>th</sup> -Teresa 22 <sup>nd</sup> - Nancy	<b>Step &amp; Strength</b> Nancy	<b>SilverSneakers Circuit</b> 3 <sup>rd</sup> , 17 <sup>th</sup> , 31st-Tabatha 10 <sup>th</sup> -Nancy 24 <sup>th</sup> -Teresa	<b>Brain &amp; Body</b> Teresa	<b>Tone &amp; Tighten</b> Nancy	<b>No Classes</b> <b>Monday May 29<sup>th</sup></b> <b>Enjoy your Memorial Day!</b>  <hr/> <b>MAY IS STROKE AWARENESS MONTH</b> <b>**Know the Signs**</b>  <b>F</b> -Face Drooping <b>A</b> -Arm Weakness <b>S</b> -Speech Difficulty <b>T</b> -Time to Call 911
11:00 am	<b>Gentle Yoga</b> 1 <sup>st</sup> & 15 <sup>th</sup> -Tabatha 8 <sup>th</sup> & 22 <sup>nd</sup> - Susan	<b>Gentle Yoga</b> Jessi	<b>Gentle Yoga</b> Tabatha, 24 <sup>th</sup> -Teresa  LAUGHTER YOGA 17th	<b>Flow Yoga</b> 4 <sup>th</sup> & 18 <sup>th</sup> -Jessi 11 <sup>th</sup> & 25 <sup>th</sup> -Bryson	<b>Gentle Yoga</b> Tabatha 12 <sup>th</sup> -Susan	
4:30 pm	<b>Zumba</b> Yutty		<b>Zumba</b> Yutty			
5:45 pm	<b>Strength Training w/Cardio Intervals</b> 1st & 22 <sup>nd</sup> -Kim 8 <sup>th</sup> -Jane 15 <sup>th</sup> -Karen	<b>Cycle Express 45</b> 2 <sup>nd</sup> -Tabatha 9 <sup>th</sup> & 16th-Lexi 23 <sup>rd</sup> -Lana 30 <sup>th</sup> -Marissa	<b>ChiQong</b> Julie	<b>Cycle Express 45</b> 4 <sup>th</sup> & 18 <sup>th</sup> -Lexi 11 <sup>th</sup> -Lana 25 <sup>th</sup> -Marissa		



## 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. **MULTI- LEVEL**

**\*Zumba:** Fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, energizing, inspiring movements to create a one-of-a-kind dance fitness class that will blow you away! **ALL LEVELS**

**Interval Step:** An awesome cardio session in this class that incorporate strength training exercises or cardio intervals into a non-stop workout. **INTERMEDIATE**

**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. **HIGH INTENSITY**

**Cardio Kickboxing-** Punch & kick your way through this class that combines martial arts techniques with fast-paced cardio. Energy, stamina, speed, agility, flexibility, core! **MULTI- LEVEL**

**HIIT/TABATA:** High Intensity Interval Training, using the TABATA design of 20 seconds of work, followed by 10 seconds of rest. **MULTI-LEVEL**

**\*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! **MULTI-LEVEL**

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

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

**\*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! **ALL LEVELS**

**\*Gentle Yoga Stretch:** Increase flexibility & strength with traditional yoga postures and stretches. Learn to use breathing exercises to release areas of tension. Sticky mat and bare feet recommended. **ALL LEVELS**

**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. **INTERMEDIATE**

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

**\*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. **MULTI-LEVEL**

**\*SilverSneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Strength work with various props is alternated with aerobic intervals. A chair is offered for support, stretching and relaxation exercises. **MULTI-LEVEL**

**\*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. **ALL LEVELS**

**\*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.* **MULTI-LEVEL**

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

**\*Perfect for beginners and older participants**

*Please let us know how we can better accommodate you and keep your workouts motivating & enjoyable!*

*You can do this simply by filling out a comment card located in the front lobby area.*

*I welcome your comments and suggestions and will gladly contact you personally!*

*Thank you!*

*Tabatha Mann, Group Fitness Coordinator*