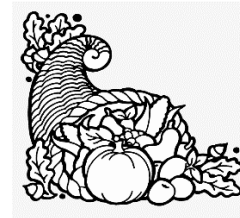
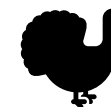




Group Fitness NOVEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 9:15am
5:30 am	Cycle Tabatha- 6 th & 20 th Sarah- 13 th & 27 th	Insanity Nathan- 7 th Alicia- 14 th , 21 st , 28 th	Cycle Hope	HIIT & Strength Nathan- 2 nd , 16 th , 30 th Alicia- 9 th		<u>FLOOR</u> 4 th - Susan- Slow Flow Yoga 11 th -Yutty- Zumba! 18 th -Taylor- Cardio Kickboxing 25 th -Hope- Core, Strength, & Balance
8:30 am	Tone & Tighten Nancy Water Tabatha	Zumba Yutty Water Taylor- 7 th & 14 th Teresa- 21 st & 28 th Cycle Lisa- 7 th Duffy- 14 th Taylor- 21 st Marjorie- 28 th	Pilates Duffy- 1 st & 8 th Sharon- 15 th & 29 th Tabatha- 22 nd Water Stephanie	Cardio Kickboxing Marjorie- 2 nd & 16 th Tabatha- 9 th Taylor- 30 th Water Teresa Cycle Bryson- 2 nd & 9 th Hope- 16 th Tabatha- 30 th	Zumba Yutty Water Jane- 10 th , 17 th , 24 th Tabatha- 3 rd	<u>CYCLE</u> 4 th -Lana 11 th -Taylor 18 th - Lisa 25 th -Sarah
9:45 am	SilverSneakers Classic Nancy- 6 th Taylor- 20 th Tabatha- 13 th & 27 th	Step & Strength Nancy	SilverSneakers Circuit Diane- 1 st , 8 th , 29 th Teresa- 15 th Tabatha- 22 nd	Brain & Body Teresa	Tone & Tighten Nancy	<i>No Classes on Thanksgiving Day</i>
11:00 am	Gentle Yoga Susan- 6 th Tabatha- 13 th , 20 th , 27 th	Slow Flow Yoga Jessi- 7 th Tabatha- 14 th Susan- 21 st Hope- 28 th	Gentle Yoga Leeanne	Flow Yoga Bryson- 2 nd , 9 th Susan- 16 th Jessi- 30 th	Gentle Yoga Jessi- 3 rd , 10 th , 17 th Susan- 24 th	Turkey Burner 5K & Mimosa Walk Thursday November 23 @8:30am <i>Kickstart your Thanksgiving festivities with a calorie burn! All fitness levels are welcome. Register on our Social Media</i>
4:30 pm	Zumba Yutty		Zumba Yutty	Laughter Yoga 😊 November 9 th @ 4:30pm Leigh		
5:45 pm	Strength Training w/Cardio Intervals Bryson- 6 th Taylor- 13 th Jane- 20 th & 27 th	Cycle Taylor- 7 th Bryson- 14 th Sarah- 21 st Lana- 28 th		Bootcamp Taylor- 2 nd Jane- 9 th , 16 th , 30 th		



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**

***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**

***Slow Flow Yoga-** This practice is a slower-paced form of Vinyasa Yoga, incorporating a combination of traditional yoga poses that flow from one to the next. The poses are often held longer, connecting movement to breath, emphasizing mindful engagement, awareness and ease through each posture. **ALL LEVELS**

BootCamp- Move through a series of full body strength training and mid-high intensity cardio that will have you sweating and burning calories. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio, and core/balance work. **MULTI-LEVEL**

***Strength Training w/Cardio Intervals-** Presented in various formats, this class is designed to tone and strengthen your body and keep your heart rate up! You will use various equipment and given options to best fit your needs for intervals. This class is for everyone! **MULTI-LEVEL**

****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 D Mann, Group Fitness Coordinator