




Group Fitness SEPTEMBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 9:15am
5:30 am	Cycle Sheri-9 th , 23 rd Tabatha-16 th Marjorie-30 th	HIIT Alicia-3 rd & 17 th Nathan-10 th & 24 th	Cycle Hope	HIIT & Strength Nathan-5 th & 19 th Alicia-12 th & 26 th		FLOOR 7 th -Taylor- Total Body Circuit 14 th -Blair- Shuffle Dance 21 st - Nathan-Strength Training w/Cardio Intervals 28 th -Tabatha- Retro Aerobics
8:30 am	Tone & Tighten Nancy Water Tabatha-9 th , 16 th , 30 th Teresa S- 23 rd	Zumba Yutty Water Marjorie-3 rd & 17 th Taylor-10 th Jane-24 th Cycle Duffy-3 rd & 17 th Tabatha-10 th & 24 th	Core Harmony Duffy-4 th & 18 th Hope-11 th Tabatha-25 th Water Stephanie-4 th , 18 th , 26 th Duffy-11 th	Cardio Kickboxing Taylor-5 th Marjorie-12 th & 19 th Tabatha-26 th Water Teresa S-5 th , 12 th , 26 th Taylor-19 th Cycle Hope-5 th Bryson-12 th , 19 th , 26 th	Zumba Yutty Water Jane-6 th , 13 th , 27 th Duffy-20 th	CYCLING 7 th -Duffy 14 th -Hope 21 st -Marjorie 28 th -NO CLASS 
9:45 am	SilverSneakers Classic Tabatha-9 th Taylor-16 th Nancy-23 rd Teresa S-30 th	Step & Strength Nancy	SilverSneakers Circuit Tabatha-4 th & 18 th Nancy-11 th Diane-25 th	Brain & Body Teresa S-5 th , 12 th , 26 th Marjorie-19 th	Tone & Tighten Nancy	No Classes on Monday September 2nd Enjoy your Labor Day!
11:00 am	Gentle Yoga Tabatha-9 th , 16 th , 30 th Teresa S-23 rd	Slow Flow Yoga Teresa S-3 rd Jessi-10 th Teresa G-17 th Tabatha-24 th	Gentle Yoga Jessi Tabatha-25 th	Flow Yoga Susan-5 th Teresa G-19 th Bryson-12 th & 26 th **TIME CHANGE	Gentle Yoga Hope-6 th & 13 th Bryson-20 th Teresa G-27 th	Keep your face towards the sunshine, and shadows will fall behind you. -Walt Whitman
4:30 pm	Zumba Yutty		Zumba Yutty			
5:45 pm	Strength Training w/Cardio Intervals Kim-9 th & 23 rd Marjorie- 16 th Taylor-30 th	Cycle Lana-3 rd & 24 th Bryson-10 th Sheri-17 th	Strength Training w/ Cardio Intervals Jane			
7:00 pm			Slow Flow Yoga Teresa G			



CLASS DESCRIPTIONS

Cycle: Energetic music in our low-light cycling studio is used to set the mood! Get a great cardio-respiratory 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**

Step & Strength: An awesome cardio session in this class that blends traditional step choreography & strength training exercises into a non-stop workout. **MULTI-LEVEL**

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**

***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**

Core Harmony- This Pilates-based class is designed to build core muscles through performing a variety of exercises that strengthen the abdomen, back, hips, & glutes. The instructor may use a variety of equipment in this workout and exercises may be performed on the mat or standing. It's all about POSTURE, STABILITY, & BALANCE. **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**

***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**

Total Body Circuit- Metabolic Conditioning taught in a circuit format. This class is designed to train cardiovascular endurance through all major muscle groups. **MULTI-LEVEL**

Retro Aerobics- This dynamic, high energy workout is a blast from the past! We are bringing back Hi-Low choreography set to nostalgic beats. Improve your coordination and focus while sinning and grooving to the beat! **ALL LEVELS**

Shuffle Dance- High energy dance class involving foundational patterns and footwork. This hybrid style of "cutting shapes" & "Melbourne" choreography will challenge your mind and body while you have a blast! **ALL 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