



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Fall 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30 Core Ruth	5:45-6:45 Strength Circuit Gary	6:00-6:30 Core Ruth	5:45-6:45 Strength Circuit Gary	5:45-6:45 Power Sculpt AJ	8:00-8:45 Yoga Tracey
6:00-6:45 Boot Camp AJ	7:45-8:30 Ultimate Workout AJ	6:45-7:30 Cycle Gary	7:45-8:30 Ultimate Workout AJ	6:45-7:30 Cycle Gary	9:00-9:45 Zumba Danielle
6:45-7:30 Cycle Gary	9:15-10:15 Step Circuit Becky	7:30-8:15 Pilates Nancy	9:15-10:15 Strength Circuit Becky	8:00-8:45 Cycle Gary	10:00-11:30 Power Toning Rotating (Downstairs Studio)
7:30-8:30 Pilates Chris	10:30-11:30 Silver Circuit Becky	8:00-8:45 Cycle Gary	10:30-11:30 Silver Circuit Becky	9:00-10:30 Power Toning Rotating	10:00-11:00 Pound Brandy
8:00-8:45 Cycle Gary	10:45-11:30 Circuit Calle	9:00 -10:30 Power Toning Rotating	10:45-11:30 Circuit Kyle	10:30-11:30 Young at Heart Maggie	
9:00-10:30 Power Toning Rotating	11:30-12:30 Silver Yoga Becky	10:30-11:30 Young at Heart Maggie	11:30-12:30 Silver Yoga Becky	10:45-11:30am Circuit Melaine	
10:30-11:30 Young at Heart Maggie	12:30-1:15 Pound Brandy	10:45-11:30 Circuit Calle	1:30-2:30 Silver Sneakers Maggie	11:30-12:30 Line Dancing Jerry	
10:45-11:30 Circuit Kyle	1:30-2:30 Silver Sneakers Maggie	11:30-12:30 Line Dancing Jerry	4:30-5:15 Yoga Tracey	4:30-5:30 Zumba Becky	
11:30-12:30 Line Dancing Jerry	4:30-5:30 Yoga Tracey	12:30-1:15 Turbo Kick Brandy	5:30-6:15 Power Sculpt Michelle		
12:30-1:15 Turbo Kick Brandy	5:30-6:30 Zumba Marcy	4:30-5:30 Cardio Dance Renee	5:30-6:00 Cycle (conf. room) Monte		
4:30-5:30 Cardio Dance Lisa	5:30-6:00 Cycle (conf. room) Monte	5:30-6:00 H.I.I.T AJ	6:15-7:30 Power Toning (Downstairs Studio)		
4:30-5:15 Boot Camp Gary	6:15-7:30 Power Toning Karlotta (Downstairs Studio)	5:30-6:00 Cycle Monte	6:30-7:30 Zumba Danielle		
5:30-6:00 HIIT A.J.	6:30-7:30 Pilates Melaine	6:30-7:30 Kettlebell//Circuit Melaine			
5:30-6:15 Step Michelle					
6:30-7:30 Pilates Melaine					



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- \*Classes in **PURPLE** will meet in gym 3
- \*Classes in **BLUE** will meet indoors in the Aerobics Studio
- \*Classes in **GREEN** will meet in the Conference Room
- \*Classes in **PINK** will meet in the Downstairs Studio
- \*Instructors subject to change based on availability

- **CARDIO DANCE:** Using simple dance steps to create routines that combine fast and slow rhythms for a Cardio Dance workout that will burn calories, tone and sculpt the body while having fun. No dance experience required!
- **CORE TRAINING:** A 30-minute class designed to condition core muscles and strengthen your abs and Back
- **HIIT:** High Intensity Interval Training incorporates strength training with cardio bursts. Blending cardio and strength for maximum benefit.
- **LINE DANCING:** Grab a friend or two, get in line, and step in unison to popular tones and oldies. Great workout for all ages.
- **PILATES:** This class is designed to improve core muscle strength, increase flexibility and improve overall health using mat work.
- **POUND:** A full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.
- **POWER SCULPT:** This class is designed to offer a full upper and lower body workout. The class will incorporate a variety of equipment to build muscular strength and endurance, resulting in a leaner body.
- **POWER TONING:** Complete toning utilizing a mix of ballet, Pilates, strength with emphasis on posture, alignment and core
- **POWER YOGA:** a vigorous, fitness-based approach to vinyasa-style **yoga**. ... **Power yoga** incorporates the athleticism of Ashtanga, including lots of vinyasas.
- **SILVER Circuit:** Functional class alternating low impact cardio with strength, toning, and stretching segments. Emphasis on balance, agility, reflexes, and range of motion in everyday activities.
- **SILVER Yoga:** Designed to increase your flexibility and range of motion with an emphasis on breathing, balance and posture. Chair is used - sitting or standing (no floor work)
- **SILVER SNEAKERS:** Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a **Silver Sneakers** ball. Often a chair is used for seated exercises or standing support.
- **STEP:** Includes a warm-up followed by a step segment (a low impact activity which involves stepping up and down on a platform while performing creative choreographic movements to music) followed by a cool-down, flexibility and some core strengthen training. Abs and relaxations will end the class.
- **STEP CIRCUIT:** Alternating intervals of upper body strength and step aerobics. Finished off with core work and stretch.
- **STRENGTH Circuit:** Alternate muscle groups for an awesome total body workout using body weight, bars, hand weights, and/or tubes
- **TURBO KICK:** A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.
- **ULTIMATE WORKOUT:** An all over workout that is low impact. Focusing on strength, abs, and total body.
- **YOUNG AT HEART:** Make friends and have fun while you energize your body and move to the music through a variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.
- **YOGA:** This class focuses on breath control, simple meditation, and the adoption of specific standing postures to improve posture, strength, and flexibility.