



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Indoor/Outdoor Schedule September 14th- October 3rd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30pm Core (14) Ruth	5:45-6:45am Strength Circuit (15) Gary	6:00-6:30pm Core (14) Ruth	5:45-6:45am Strength Circuit (15) Gary	5:45-6:45am Power Toning (15) Melaine	8:00-8:45am Yoga Lizzie (15)
7:00-7:45am Cycle (21) Gary	7:45-8:30am Ultimate Workout (15) AJ	7:00-7:45am Cycle (21) Gary	7:45-8:30am Ultimate Workout (15) AJ	7:00-7:45am Cycle (21) Gary	9:00-9:45am Cardio Dance Lisa (14)
7:45-8:45am Pilates (14) Chris	9:30-10:15am Step Circuit (15) Tanya	7:45-8:30am Pilates (14) Nancy	9:30-10:15am Fit and Strong (15) Tanya	8:30-9:15am Cycle (21) Gary	9:30-10:00am Cycle (8) Monte
8:30-9:15am Cycle (21) Gary	10:30-11:15am Chair Circuit (24) Tanya	8:30-9:15am Cycle (21) Gary	10:30-11:15am Chair Circuit (24) Tanya	9:30-10:30am Gentle Yoga (24) Tanya	10:00-11:30am Power Toning Pam
9:30-10:15am Chair Circuit (24) Tanya	10:30-11:30 Chair Aerobics (14) Maggie	8:30-9:15am Cardio Dance (14) Lisa	10:30-11:30 Chair Aerobics (14) Maggie	9:30-10:15 Chair Aerobics Maggie (14)	
9:30-10:15 Chair Aerobics (14) Maggie	11:30-12:30am Gentle Yoga (24) Tanya	9:30-10:15 Chair Aerobics (14) Maggie	2:30-3:30pm Line Dancing (14) Jerry	10:30-11:15am Chair Aerobics (24) Maggie	
10:30-11:15am Chair Aerobics (24) Maggie	2:30-3:30pm Line Dancing (14) Jerry	10:30-11:15am Chair Aerobics (24) Maggie	4:30-5:15pm Yoga (14) Tracey	11:30-12:30pm Line Dancing (14) Jerry	
11:30-12:30 Line Dancing (14) Jerry	4:30-5:30 Yoga (14) Lizzie Starting 9/22	11:30-12:30pm Line Dancing (14) Jerry	5:30-6:00pm Cycle (14) Monte	Power Sculpt & Stretch (14) 4:15-5:30 Lizzie Starting 9/22	
5:45-6:30pm Cardio Dance (14) Tomi	5:30-6:00pm Cycle (14) Monte	5:30-6:00pm H.I.I.T (15) AJ	6:45-7:30pm Cardio Dance (15) Priya	Cardio Dance 5:45-6:30pm (14) Christy	
5:30-6:00pm HIIT (15) A.J.	5:45-6:30pm Cardio Dance (15) Priya	5:45-6:30pm Cardio Dance (14) Renee Page			
6:45-7:30pm Pilates (14) Melaine	6:45-8:00pm Power Toning (15) Pam	6:45-7:30pm Kettlebell (14) Melaine			



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

\*Classes in **BLUE** will meet outside

\*Classes in **RED** will meet indoors in the Aerobics Studio

\*Instructors subject to change based on availability

## GROUP LAND CLASSES

- **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
- **FIT & STRONG:** It's all about the power of your muscles. Dumbbells, barbells, tubes, kettle bells, etc. used to strengthen and tone the entire body. Your choice of weights inspires you to get results.
- **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 tunes 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.
- **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
- **SILVER SENIOR 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 SENIOR 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)
- **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
- **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.