



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

March 9<sup>th</sup>-April 5<sup>th</sup>

## Group Ex Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:30am Core Training Ruth	5:45-6:45am Strength Circuit Gary	6:00-6:30am Core Training Ruth	5:45-6:45am Strength Circuit Gary	5:45-6:45 Power Toning Melaine	8:00-9:00am Yoga Lizzie	1:00-2:30pm Power Toning Karlotta/Pam
7:30-8:30am Pilates Chris	7:45-8:30am Ultimate Workout AJ	7:30-8:30am Pilates Nancy	7:45-8:30am Ultimate Workout AJ	8:30-9:15am Drum Tanya	9:00-10:00am Zumba Lisa	3:00-4:00pm Cardio Dance Christy
8:30am-9:30am Power Sculpt Marlene	8:30-9:30am Power Sculpt Marlene	8:30-9:30am Cardio Dance Christy	8:30-9:30am Power Sculpt Marlene	8:30-9:30am Power Sculpt Rotating	10:00am-11:00am Power Sculpt Gary	4:00-5:00 Yoga Rebecca
8:30-9:30am Zumba Lisa	8:45-9:45am Step Circuit Tanya	8:45am-9:45am Step Tanya	8:15-9:00am Fit and Strong Tanya	9:30-10:30am Silver Yoga Tanya		
9:30-10:30am Silver Circuit Tanya	10:00-11:00am Silver Circuit Tanya	10:00-11:30am Power Toning Rebecca	9:00-10:00am Zumba Lisa	10:30-11:30am Young at Heart Maggie		
10:00-11:30am Power Toning Pam	11:00-11:30am Silver Yoga Tanya	10:30-11:30am Young at Heart Maggie	10:00-11:00am Silver Circuit Tanya	10:00-11:30am Power Toning Rebecca/Pam		
10:30-11:30am Young at Heart Maggie	12:15-12:45pm Pilates Paige	11:30-12:30pm Line Dancing Jerry	11:00-12:00am Yoga Katherine	11:30-12:30pm Line Dancing Jerry		
11:30-12:30pm Line Dancing Jerry	1:30-2:30pm Silver Sneakers Maggie	4:30-5:30pm Cardio Dance Marcy	12:15-12:45 Pilates Paige	4:30-5:30pm Instructors Choice		
4:30-5:30 Cardio Dance Tomi	2:30-3:30pm Line Dancing Jerry	5:30-6:00pm H.I.I.T AJ	1:30-2:30 Silver Sneakers Maggie			
5:30-6:30 Step Michelle	4:30-5:30pm Yoga Melissa Brown		2:30-3:30pm Line Dancing Jerry			
5:30-6:00pm H.I.I.T A.J.	5:30-6:30pm Cardio Dance Tomi		4:30-5:30pm Yoga Tracey			
6:30-7:30pm Pilates Melaine	6:30-7:30pm Pilates Aria		5:30-6:30 Power Sculpt Michelle			
			6:30-7:30pm Cardio Dance Christy			

\*Classes in BLUE will meet on Basketball Ct. #4

\*Instructors subject to change based on availability

\*Schedule subject to cancelation based on not meeting minimum attendance (8 members)

## 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)
- **Silver Sneakers Muscular Strength and Range of Movement:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seating and/or 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
- **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.
- **Zumba/Latin Dance:** Burn major calories with this fun non-stop energetic workout. This class offers the excitement of moving to the rhythm of Latin, funk and retro beats. Even if you're not a dancer, don't worry. The combos will be broken down into basic steps so you can jump right in with both feet.