



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November/December Group Exercise Schedule

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 Glass	8:00-8:45 Yoga Lizzie
7:00-7:45 Cycle Gary	7:45-8:30 Ultimate Workout AJ	7:00-7:45 Cycle Gary	7:45-8:30 Ultimate Workout AJ	7:00-7:45 Cycle Gary	9:00-9:45 Zumba Danielle
7:30-8:30 Pilates Chris	9:15-10:15 Step Circuit Tanya	7:30-8:30 Pilates Nancy	9:15-10:15 Strength Circuit Tanya	8:30-9:15 Cycle Gary	10:00-11:30 Power Toning Rotating
8:30-9:15 Cycle Gary	10:30-11:30 Silver Circuit Tanya	8:30-9:15 Cycle Gary	10:30-11:30 Silver Circuit Tanya	9:15-10:15 Silver Yoga Tanya	
9:00-10:30 Power Toning Rotating	11:30-12:30 Silver Yoga Tanya	9:00-10:30 Power Toning Rotating	11:30-12:30 Silver Yoga Tanya	9:00-10:30 Power Toning Rotating	
10:30-11:30 Young at Heart Maggie	1:30-2:30 Silver Sneakers Maggie	10:45-11:45 Young at Heart Maggie	1:30-2:30 Silver Sneakers Maggie	10:30-11:30 Young at Heart Maggie	
11:30-12:30 Line Dancing Jerry	2:30-3:30 Line Dancing Jerry	11:45-12:45 Line Dancing Jerry	2:30-3:30 Line Dancing Jerry	11:30-12:30 Line Dancing Jerry	
12:30-1:30 Silver Circuit Tanya	4:30-5:30 Power Yoga Tracey	4:30-5:30 Cardio Dance Renee Page	4:30-5:15 Yoga Tracey	4:30-5:30 Cardio Dance Priya	
4:30-5:30 Cardio Dance Lisa	5:30-6:30 Cardio Dance Tomi	5:30-6:00 H.I.I.T AJ	5:30-6:15 Power Sculpt Michelle	5:30-6:00 Cycle Monte	
5:30-6:00 HIIT A.J.	5:30-6:00 Cycle Monte	5:30-6:00 Cycle Monte	6:15-7:30 Power Toning Karlotta		
5:30-6:15 Step Michelle	6:15-7:30 Power Toning Karlotta		6:30-7:30 Zumba Danielle		
6:30-7:30 Pilates Melaine	6:30-7:30 Pilates Melaine				



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- *Classes in **PURPLE** will meet outside
- *Classes in **ORANGE** will meet in gym 3 or 4
- *Classes in **BLUE** will meet indoors in the Aerobics Studio
- *Instructors subject to change based on availability

GROUP LAND CLASSES

- **BARRE:** is a hybrid **workout class** – combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most **classes** incorporate a ballet **barre** and use classic dance moves such as plies, alongside static stretches. **Barre** also focuses on high reps of small range movements.
- **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 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.
- **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 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:** 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
- **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.