



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Pavilion/Outdoor Schedule June 1st - June 13th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:15am Chair Circuit Tanya (20)	5:45-6:45am Strength Circuit Gary (15)	9:30-10:15am Cardio Dance Christy (20)	5:45-6:45am Strength Circuit Gary(15)	5:45-6:45am Power Toning Melaine (15)	8:00-8:45am Yoga Lizzie (15)	
10:45-11:30am Chair Aerobics Maggie (20)	7:45-8:30am Ultimate Workout A.J. (25) Outdoor Class	10:45-11:30am Chair Aerobics Maggie(20)	7:45-8:30am Ultimate Workout A.J. (25) Outdoor Class	9:30-10:15am Gentle Yoga Tanya (15)	9:15-10:00am Cardio Dance Christy (15)	
5:45-6:30pm Cardio Dance Tom (15)	9:30-10:15am Step Circuit Tanya (15)	5:30-6:00pm H.I.I.T AJ (15)	9:30-10:15am Fit and Strong Tanya (15)	10:45-11:30am Chair Aerobics Maggie (20)		
5:30-6:00pm HIIT A.J. (15)	10:45-11:30am Chair Circuit Tanya (20)	5:45-6:30pm Cardio Dance Renee Page (15)	10:45-11:30am Chair Circuit Tanya (20)	5:45-6:30pm Cardio Dance Renee (15)		
7:00-7:45pm Pilates Melaine (15)	1:30-2:30pm Chair Aerobics Maggie (20)	7:00-7:45pm Kettlebell Melaine (15)	1:30-2:30pm Chair Aerobics Maggie (20)			
	5:45-6:30pm Cardio Dance Tomi (15)		5:45-6:30pm Yoga Tracey (15)			
			7:00-7:45pm Cardio Dance Christy (15)			



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

\*Instructors subject to change based on availability

## GROUP EXERCISE CLASS DESCRIPTIONS:

- **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.