



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pavilion/Outdoor Schedule June 22nd – June 27th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00–7:45am Cycle (8) Gary	5:45–6:45am Strength Circuit Gary (15)	7:00–7:45am Cycle (8) Gary	5:45–6:45am Strength Circuit Gary(15)	5:45–6:45am Power Toning Melaine (15)	8:00–8:45am Yoga Lizzie (15)	
8:30–9:15am Cycle (8) Gary	7:45–8:30am Ultimate Workout AJ(15) Outdoor Class	8:30–9:15am Cycle (8) Gary	7:45–8:30am Ultimate Workout AJ (15) Outdoor Class	7:00–7:45am Cycle (8) Gary	9:15–10:00 Cardio Dance Lisa (15)	
9:30–10:15am Chair Circuit Tanya (20)	9:30–10:15am Step Circuit Tanya (15)	9:30–10:15am Cardio Dance Christy (15)	9:30–10:15am Fit and Strong Tanya (15)	8:30–9:15am Cycle (8) Gary		
10:45–11:30am Chair Aerobics Maggie (20)	10:45–11:30am Chair Circuit Tanya (20)	10:45–11:30am Chair Aerobics Maggie(20)	10:45–11:30am Chair Circuit Tanya (20)	9:30–10:15am Gentle Yoga Tanya (15)		
5:45–6:30pm Cardio Dance Tomi (15)	12:15–12:45pm Cycle (8) Monte	5:30–6:00pm H.I.I.T AJ (15)	12:15–12:45pm Cycle (8) Monte	10:45–11:30am Chair Aerobics Maggie (20)		
5:30–6:00pm HIIT A.J. (15)	2:30–3:30pm Line Dancing Jerry	5:45–6:30pm Cardio Dance Renee Page (15)	2:30–3:30pm Line Dancing Jerry	Cardio Dance 5:45–6:30pm Renee (15)		
7:00–7:45pm Pilates Melaine (15)	5:45–6:30pm Cardio Dance Tomi (15)	7:00–7:45pm Kettlebell Melaine (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 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.