



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

SPRING SESSION: APRIL 15, 2019- JUNE 9, 2019

DESCRIPTIONS →→→

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CS = Cycle Studio SLS = Spa Level studio MPR = Multipurpose Room SG = Small Gym LG = Large Gym WS = Wellness Studio Class in pink denotes you must register and pay for the program	Bootcamp 5:30-6:30a LG (Sam)		Strength Train Together 5:30-6:30a SG (Katie)		Bootcamp 5:30-6:30a LG (Sam)	
	Restorative Yoga 9:00-10:00a WS2 (Sylvie)		Hatha Yoga 7:00-8:00a WS2 (Sylvie)		Cycling 8:30-9:30a CS (Anthony)	Active Together 7:00-8:00a SG (Jaime)
		Functional Strength Training 9:00-10:00a LG (Sam)	Let's Get Moving! 9:00-9:45a LG (Sam)	Functional Strength Training 9:00-10:00a LG (Sam)	Let's Get Moving! 9:00-9:45a LG (Sam)	
	Warrior Conditioning 10:15-11:15a LG (Nicki)	Fit Over Fifty 10:00-10:45a LG (Liz)	Golden Oldies 9:15-10:00a MPR (Lila/Liz)		Golden Oldies 9:15-10:00a MPR (Lila/Liz)	Strength Train Together 9:00-10:00a SG (Katie)
		Cardio Blast 10:15-11:00a LG (Liz)	Fit Over Fifty 10:00-10:45a LG (Liz)	Cardio Blast 10:15-11:00a LG (Liz)	Fit Over Fifty 10:00-10:45a LG (Liz)	
	Senior Stretch 11:00-11:45a MPR (Liz)	Golden Oldies 11:15a-12:00p MPR (Lila/Liz)		Golden Oldies 11:15a-12:00p MPR (Lila/Liz)		
					Senior Stretch 11:00-11:45a MPR (Liz)	
						Zumba 2:00-3:00p SG (Kathy)
		Strength Train Together 5:45-6:45p SG (Sam)		Strength Train Together 5:45-6:45p SG (Sam)		
			Bootcamp 7:00-8:00p LG (Liz)	Vinyasa Yoga 6:15-7:15p WS2 (Sylvie)		
		Zumba 7:00-8:00p SG (Kathy)		Zumba 7:00-8:00p SG (Kathy)	Restorative Yoga 3:00-4:00p WS2 (Sylvie)	



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GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE TOGETHER Give you all the training you need- cardio, strength, balance and flexibility- in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements

BOOTCAMP This drill-oriented program is designed to increase your strength, endurance, and confidence through high intensity workouts that will maximize your fitness level. Boot Camp fitness will help you lose inches and firm your body in a fun, encouraging environment.

CARDIO BLAST Blast your cardio fitness to the next level! This class provides a variety of fun cardio routines including a STEP aerobics component. All fitness levels welcome.

CORE FOCUS TOGETHER trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and help strengthen your abs.

CYCLING Pure cardio awaits you! Get a fantastic heart-pumping, low-impact workout while listening to great music on our stationary bikes. You will climb, sprint and train as you create muscle tone in your legs and improve your heart and lung function. New to group cycling? Come 10 minutes before your first class for bike setup.

FIT OVER FIFTY An exercise program especially for active older adults. Must be able to stand on both feet. Begin with a great cardio workout, followed by strengthening using bands, light weights, balls and more. End with mat work for a complete workout.

FUNCTIONAL STRENGTH TRAINING Improve your strength, balance and get modified exercises to move and feel better. You'll learn proper strength training technique and form in a supportive group setting. This is a great class for people trying to boost your physical fitness in a safe and effective manner while learning corrective movements to enhance mobility, stability and flexibility.

GOLDEN OLDIES Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

HATHA YOGA Class integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. It is a delicious, mindful and moving class. All levels welcome.

LET'S GET MOVING! A variety of moves that can build, tone and shape your body. This class focuses on cardio to improve endurance, strength training to tone muscles, and uses circuit training.

RESTORATIVE YOGA Deeply nurturing and healing, Restorative yoga takes you through poses supported by blankets and props to allow you to completely relax and let go into stillness. This practice focuses on poses with longer holds, including seated forward folds, easy twists, and gentle backbends.

SENIOR STRETCH Relieve stress, increase flexibility balance and range of motion. Work through seated and standing stretches. Chair support offered. Restorative breathing and relaxation exercises stressed.

STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercise. Dynamic music and a motivating group atmosphere will get you heart rate up, make you sweat and push you to a personal best.

VINYASA YOGA Vinyasa means "breath-synchronized movement". In a Vinyasa class, poses flow from one to another in conjunction with the breath. All levels welcome.

WARRIOR CONDITIONING Train like a warrior! A very high-intensity circuit interval class utilizes a variety of equipment challenges you with sprint intervals, bodyweight exercises, jump roping, plyometrics and free weights.

YIN YOGA Utilizing deep stretches and special attention to breath awareness to open up energy channels, Yin yoga will leave you feeling limber, relaxed, and refreshed. Poses are held for 3-5 minutes to encourage the release of joint stiffness and promote flexibility and mobility. It's the perfect complement to a more active exercise routine and a beautiful way to wind down your day.

ZUMBA Are you ready to party yourself into great shape? Get lost in the music of this fitness dance party inspired by traditional salsa, samba, and meringue music. It's a totally Fun dance workout that is easy to follow.

Ages 12-15 may participate in classes with accompanying adult. Program Members may purchase 1 drop-in pass for \$10, or 8 classes for \$64

**Cycling classes require members to pick a class card at the Front Desk up to an hour before class.

* Golden Oldies classes require members to pick up a class card at the Front Desk up to an hour before class.