



# STRONGER TOGETHER HEALTH, WELLNESS, FITNESS

## GROUP EXERCISE CLASSES EFFECTIVE SEPTEMBER 3, 2019

### —MONDAY—

5:15-6:15am	Timed Intervals	Ashley	Aerobic Room
6:30-7:30am	Circuit Training	Ashley	TRX Room
8:30-9:15am	Cardio Stretch&Tone	Marianne	Aerobics Room
9:20-10:20am	Cycle	Danielle	Cycling Room
9:20-10:20am	Pump & Sculpt	Laura	Aerobic Room
10:30-11:15am	Yogalates	Mary	Aerobic Room
11:15-12:00pm	Pure Gold	Mary	Aerobic Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobic Room
12:15-12:45pm	TRX Express	Danielle	TRX Room
4:00-6:00 pm	Boxing Fitness	Mark	Multi Purpose Room
4:30-5:15pm	Cycle	Becky	Cycle Room
4:30-5:30pm	Strength Up	Steve	TRX Room
5:30-6:30 pm	Circuit Training	Kelly	Aerobic Room
6:00-6:45pm	Cycle	Erin	Cycling Room
6:35-7:35 pm	Yoga	Theresa	Aerobic Room

### —TUESDAY—

8:30-9:15am	Y-Cuts	Loretta	Aerobic Room
9:20-10:20am	Cycle	Shannon	Cycling Room
9:30-10:15am	Step & Tone	Loretta	Aerobic Room
10:30-11:15am	Pilates	Beth	Aerobic Room
11:30-12:10pm	Zumba Gold	Mary	Aerobic Room
12:15-12:45pm	Yoga	Adina	Aerobic Room
4:30-5:30pm	Circuit Training*	Becky	Aerobic Room
4:30-5:30pm	Pilates*	Taylre	Studio Room
4:30-5:15pm	TRX*	Danielle	TRX Room
5:30-6:15pm	Basic Training*	Stacy	TRX Room
5:45-6:30pm	Zumba**	Mary	Aerobic Room
5:45-6:30pm	Cycle	Katie	Cycling Room

\*Starts 9/10  
\*\*Starts 9/17

### —WEDNESDAY—

5:15-6:15am	Timed Intervals	Jen R.	Aerobic Room
8:30-9:15am	Stretch & Tone	Marianne	Aerobic Room
9:20-10:20am	Cycle	Katie	Cycling Room
9:20-10:20am	Boot Camp	Stacy	Aerobic Room
10:30-11:15am	Barre Fit	Danielle	Aerobic Room
11:15-12:00pm	Pure Gold	Danielle	Aerobic Room
12:15-12:45pm	TRX Express	Beth	TRX Room
4:00-6:00 pm	Boxing Fitness	Mark	Multi Purpose Room
4:30-5:30pm	Cardio Butt&Gut	Staff	Aerobic Room
5:30-6:30 pm	Chizzel	Anne	Aerobic Room

### —THURSDAY—

5:30-6:30am	Yoga Shred*	Jen R.	Aerobic Room
8:30-9:15am	Tai-Chi	Mike	Aerobic Room
8:30-9:15am:	Cycle	Tess	Cycling Room
9:20-10:20am	Yoga	Michelle T	Aerobic Room
10:30-11:30am	Zumba	Mary	Aerobic Room
11:30-12:45pm	Line Dancing	Mary	Aerobic Room
4:30-5:30pm	Strength Up	Erin	TRX Room
5:45-6:30pm	Cycle 30/45	Erin	Cycling Room
5:30-6:30pm	Yoga*	Marie	Aerobic Room
6:00-7:00 pm	Barre Fit	Cassie	Studio Room

\*Starts 9/12

### —FRIDAY—

5:15-6:15am	Pump & Sculpt	Stacy	Aerobic Room
5:30-6:30am	Cycle	Marie	Cycling Room
6:30-7:30am	Strength Up	Laura	TRX Room
8:30-9:15am	Y-Cuts	Wendy	Aerobic Room
9:30-10:15am	Chair Yoga*	Wendy	Aerobic Room
9:20-10:20am	Body Sculpt	Stacy	TRX Room
9:20-10:20am	Cycle	Danielle	Cycling Room
10:30-11:15am	Pilates	Beth	Aerobic Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobic Room
12:15-12:45pm	TRX Core	Danielle	TRX Room

\*Starts 9/13

### —SATURDAY—

7:30-8:30am	Cycle Tone	Jennie	Cycling Room
9:00-10:00am	Vinyasa Flow	Michele L.	Aerobic Room
9:30-10:30am	Boot Camp	Nicole/Michelle T.	TRX Room
10:30-11:15am	Chair Yoga	Michele L.	Aerobic Room

### —SUNDAY—

8:30-9:15am	Cycle*	Michelle M.	Cycling Room
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\*Sunday's in Sept.



- CYCLING & TRX: RESERVE YOUR BIKE/STRAP AT THE SERVICE DESK OR BY CALLING 253-5304.
- CLASSES AND INSTRUCTORS MAY CHANGE DUE TO AVAILABILITY OR REMOVED DUE TO LOW ATTENDANCE
- CHECK WEBSITE FOR LAST MINUTE CANCELLATIONS OR CHANGES

Barre Fit: A fun, high-energy class incorporating aspects of Yoga, Pilates, ballet and isometrics to lengthen and strengthen the entire body while raising your heart rate.

Basic Training: Ease into boot camp with less intensity! Beginners welcome!!

Body Sculpt: Build strength, endurance and flexibility using your body weight and various equipment.

Boot Camp: Intervals of challenging moves, incorporating high/low movements and plyometrics.

Cardio Butt & Gut: Intervals of cardio and exercises emphasizing abs, back, glutes, and legs.

Chair Yoga: Gentle yoga poses done utilizing a chair.

Chizzel: Strength based class, get ready to lift some weight! (Includes some cardio)

Circuit Training: Target major muscle groups, working the whole body, utilizes multiple pieces of equipment.

Gentle Yoga: Basic poses and stretching.

Line Dancing: No experience needed, have fun while learning numerous line dances to all music genres.

Pilates: This class uses the power of the mind and body to strengthen your core. Participants will improve strength, muscle tone, posture, and balance. Suitable for most fitness levels. (Tues. 4:30pm class ends 10/30)

Pump & Sculpt: Strengthen your entire body by focusing on barbell and dumbbell exercises while also incorporating occasional cardio to increase heart rate. (Most levels)

Pure Gold: Provides strength, flexibility, posture and balance...a chair is provided for seated and standing support.

Step & Tone: Intervals of basic step aerobics and weights. (All levels)

Strength Up: Total body strength training with some conditioning. Various equipment used, including body weight. (Most levels-Modifications are offered)

Stretch & Tone: Improve flexibility and muscular strength while utilizing a variety of exercises and workout equipment. This class is designed for all fitness levels.

Timed Intervals: Exercises done in a range of timed intervals. (Intermediate)

Tai-Chi: Foster a calm and tranquil mind, focused on the precise execution of natural movements.

Vinyasa Flow: flowing, dynamic sequence of poses that synchronizes movement with breath.

Y-Cuts: Toning class utilizing weights, resistance bands, stability and medicine balls. This resistance training class is delivered at a higher level to increase strength and endurance.

Yoga: Blending of Hatha yoga and Vinyasa yoga

(M 6:35—All Levels T 12:15—Intermediate TH 9:20/5:30—All Levels)

Yogalates: Combines Yoga and Pilates, emphasizing strength and flexibility. Light hand weights incorporated.

Yoga Shred: Combination of Yoga and HIIT, full body workout. (Most Levels)

Zumba: (Dance Fitness) International rhythms are fused together with easy to follow moves to create a one-of-a-kind fitness class rolled into a party like atmosphere.

Zumba Gold: Class targets the beginner participant This Latin inspired dance fitness class will have modified movements and pacing that will benefit the needs of the class.

#### CYCLE CLASS

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Cycle 30/45: Stay for 30 or 45minutes...your choice.

Cycle: Classes provide an intense cardio workout while still catering to participants of all fitness levels.

Cycle Tone: Intervals of upper body strength with light hand weights and cycling.

#### TRX

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TRX Express (30 minutes): Increase total body flexibility, promote mobility and stability while developing core strength. (Some exercises may be off strap)

TRX CORE\*: This class will be an intense half hour core challenge. (Some exercises may be off strap)

\*Recommended: Participants should be able to hold a 1 min plank...Intermediate/Advanced.

TRX: Increase total body flexibility, promote mobility and stability while developing core strength. Class format will vary and some exercises will be off strap.

- **CYCLING & TRX: PLEASE RESERVE YOUR BIKE/STRAP AT THE SERVICE DESK OR BY CALLING 253-5304, 24 HOURS IN ADVANCE. SPACE IS LIMITED.**

