



STRONGER TOGETHER HEALTH, WELLNESS, FITNESS

GROUP EXERCISE CLASSES EFFECTIVE JUNE 1, 2019

—MONDAY—

5:15-6:15am	Timed Intervals	Ashley	Aerobics 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	Ann W.	Aerobics Room
10:30-11:15am	Butt & Gut	Mary	Aerobics Room
11:15-12:00pm	Pure Gold	Mary	Aerobics Room
12:15-1:00pm	Gentle Yoga	Mary	Aerobics Room
12:15-12:45pm	TRX Express	Danielle	TRX Room
4:00-6:00 pm	Boxing Fitness	Mark	Boxing Room
4:30-5:30pm	Y-Cuts	Becky	Aerobic Room
4:30-5:30pm	REBELution	Steve	TRX Room
5:30-6:30 pm	Circuit Training	Kelly	Aerobics Room
6:00-6:45pm	Cycle	Erin	Cycling Room
6:35-7:35 pm	Yoga	Theresa	Aerobics Room

—TUESDAY—

8:30-9:15am	Y-Cuts	Loretta	Aerobics Room
9:20-10:20am	Cycle	Shannon	Cycling Room
9:30-10:15am	Step & Tone	Loretta	Aerobics Room
10:30-11:15am	Pilates	Beth	Aerobics Room
11:30-12:10pm	Zumba Gold	Mary	Aerobics Room
12:15-12:45pm	Yoga	Adina	Aerobics Room
3:15-4:00pm	Chair Yoga	Wendy	Aerobic Room
4:30-5:30pm	Pilates*	Taylre	Aerobics Room
4:30-5:15pm	Cycle	Becky	Cycle Room
5:45-6:30pm	Cycle	Tess	Cycling Room
5:30-6:30pm	Yoga	Marie S.	Aerobic Room

*Last Class 6/11

—WEDNESDAY—

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

—THURSDAY—

8:30-9:15am	Tai-Chi	Mike	Aerobics Room
8:30-9:15am:	Cycle	Tess	Cycling Room
9:20-10:20am	Yoga	Tori	Aerobics Room
10:30-11:30am	Zumba	Mary	Aerobics Room
11:30-12:45pm	Line Dancing	Mary	Aerobics Room
4:30-5:30pm	REBELution	Erin	TRX Room
5:00-6:00 pm	Barre Fit	Cassie	Studio Room
5:45-6:30pm	Cycle 30/45	Erin	Cycling Room
5:30-6:30pm	Yoga	Josh	Aerobic Room

—FRIDAY—

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

—SATURDAY—

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

—SUNDAY—

8:00-8:45am	Cycle*	Michelle M.	Cycle Room
*Till 6/23			
9:00-10:00am	Zumba*	Cassie	Aerobic Room
*Sunday's in June			



- 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.

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, 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.

REBELution: Strength and conditioning. (Intermediate)

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

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 T- 6:00 All Levels TH 9:20/5:30—All 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

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

TRX Express: 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.

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

