

Group Fitness Classes

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	Mat Pilates 5:30-6:30am Becky	Cycling (Gym) 5:30-6:30am Deborah	Step Aerobics 5:30-6:30am Alison	Cycling (Gym) 5:30-6:30am Deborah Barre/Yoga 5:45-6:45am Becky	Step Interval 5:30-6:30am Alison		
7:00AM				SilverSneakers Classic (Gym) 7:00-7:55am Lauren E.			
8:00AM	SilverSneakers Classic (Gym) 8:00-8:55am Kelli	SilverSneakers Circuit (Gym) 8:00-8:55am Tiffany Core Blast 8:30-8:55am Alison	SilverSneakers Classic (Gym) 8:00-8:55am Kelli	SilverSneakers Circuit (Gym) 8:00-8:55am Deborah	SilverSneakers Classic (Gym) 8:00-8:55am Karen	Yoga 8:00-8:55am Alison	
9:00AM	SilverSneakers Circuit (Gym) 9:00-9:55am Tiffany TaijiFit 9:00-9:25am TaijiFitStrength 9:25-9:55am Kelli	SilverSneakers Yoga (Gym) 9:00-9:55am Deborah Step Interval 9:00-9:55am Alison	SilverSneakers Circuit (Gym) 9:00-9:55am Tiffany Low Impact 9:00-9:55am Alison	SilverSneakers Yoga (Gym) 9:00-9:55am Deborah Step Interval 9:00-9:55am Tiffany	SilverSneakers Circuit (Gym) 9:00-9:55am Tiffany Low Impact 9:00-9:55am Alison	Cycling (Gym) 9:00-10:00am Jenny/Tiffany Boogie Wonderland 9:00-9:55am Deborah	
10:00AM	Power Yoga 10:00-11:00am Randy/Laura	The willPower Method 10:00-11:00am Deborah	Nia 10:00-11:00am Aimee V.	Super Sculpt 10:00-10:55am Tiffany	Power Yoga 10:00-11:00am Alison	Nia 10:00-11:00am Aimee V. *8+ welcome with a parent and fitness orientation (details on back)	*Power Yoga 10:15-11:25am Jeni (Jeff: Mar-May) *Step Aerobics 10:15-11:00am Super Sculpt 11:00-11:25am Ali *Alternating weeks
11:00AM	Cycling (Gym) 11:00am-12pm Susan GROOVE Strong 11:10am-12:10pm Aimee	P90XLive (Gym) 11:00-11:55am Leah Gentle Yoga 11:45am-12:45pm Karen	Cycling (Gym) 11:00am-12pm Tiffany PiYo 11:15-12:10pm Karen	Cycling (Gym) 11:00am-12pm Doug/Sean Yoga 11:00-11:55am Jeni	Super Sculpt 11:45-12:15pm Step Interval 12:15-12:45pm Tiffany	Zumba 11:15-12:15pm Sheri *8+ welcome with a parent and fitness orientation (details on back)	The willPower Method 11:30-12:25pm Katie
12:00PM	P90X Live 12:15-12:55pm Sean						
1:00PM		Mat Pilates 1:00-2:00pm Angela	Zumba 1:00-2:00pm Rissa	Mat Pilates 1:00-2:00pm Kendall			
2:00PM			Yoga 2:05-3:05pm Laura				
4:00PM	Super Sculpt 4:30-5:25pm Tiffany Cycling (Gym) 4:30-5:30pm Ali		Super Sculpt 4:30-4:55pm Aerobic Interval 4:55-5:25pm Ali	Super Sculpt 4:30-5:25pm Tiffany			
5:00PM	Step Interval 5:30-6:25pm Tiffany	Sport Conditioning 5:30-6:25pm Tiffany Cycling (Gym) 5:30-6:30pm Jenny	Step Interval 5:30-6:25pm Tiffany	Zumba 5:30-6:25pm Sheri			
6:00PM	Yoga 6:30-7:25pm Jessica	Zumba 6:30-7:25pm Siu	Power Yoga 6:30-7:25pm Becka				

Schedule as of 6/25/18

Limited Space: Pick up a class pass at the front desk. Available 15 mins prior to the class starting.

- All drop-in fitness classes are included with your daily admission, punch card or annual pass.
- Classes are held in the fitness room unless otherwise specified.

Group Fitness Class Descriptions

AEROBIC INTERVAL - Combines aerobic and anaerobic conditioning to maximize intensity, speed, and recovery.

BARRE/YOGA - Balance based functional and strength training using the ballet barre, weights and balls followed with yoga.

BOOGIE WONDERLAND - Come shake your groove thing for half an hour, then keep it tight with half an hour of sculpting. No dance experience necessary!

CORE BLAST - Intense core workout for abs, glutes, and lower back!

CYCLING - A 45-60 minute ride that focuses on cardiovascular fitness, endurance, and muscle strength; with stretching at the end of each class.

GENTLE YOGA - Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility in a form that's very gentle for your body.

GROOVE STRONG - A simple, fun, cardio dance class with no complex choreography. Each class includes a GROOVE session, body-weight based strength work, and personalized stretching/stillness.

LOW IMPACT - Includes low impact aerobic combinations followed by toning, abs, and stretching.

MAT PILATES - Build and strengthen your core while improving flexibility & proper body alignment.

NIA - A dynamic blend of dance, martial arts, and healing arts that offers a highly effective way to condition & heal.

P90X LIVE™ - A total body workout that will keep your body guessing - and transforming - with a variety of strength training moves, cardio conditioning, and core work. In every class you'll tone strong lean muscle and you'll bust through any plateau that stands in your way!

PiYo - Sweat, stretch and strengthen in one low-impact, body-sculpting workout. PiYo Live cranks up the intensity and speed of traditional Pilates and yoga to help you shape sleek arms, flat abs, and a lifted butt!

POWER YOGA - A vigorous, flowing yoga class designed to improve strength, flexibility, balance, and core strength.

SILVERSNEAKERS™ CIRCUIT - A blend of standing exercises to build muscular strength & cardiovascular endurance. Chairs provided for support.

SILVERSNEAKERS™ CLASSIC - Increases muscle strength and range of movement to improve daily living activities. A chair is provided for seated or standing support.

SILVERSNEAKERS™ YOGA - A blend of yoga styles taught from a seated and standing position to increase balance and flexibility.

SPORT CONDITIONING - A combination of aerobic sport and propulsion moves, strength conditioning, and interval training.

STEP AEROBICS - A high-energy class with 30-40 mins of aerobic step combinations followed by toning, abs, and stretching. A great fat burner.

STEP INTERVAL - Combines aerobic and anaerobic conditioning moves and sculpting with weights & bands.

SUPER SCULPT - Weights, body bars, bands, and balls are used to strengthen and tone.

TAIJIFIT™ - Not just an exercise - it's an experience! Great music, great energy, and great people. It combines the best elements of fitness, meditation, and the ancient martial art of Taiji (Tai Chi). Feel for yourself the mind/body connector we call FLOW. Mindfulness in motion!

TAIJISTRENGTH™ - Combines the best of traditional Tai Chi with modern Western fitness to bring your muscular, cardiovascular and nervous systems into perfect synergy. No choreography to remember. The use of weighted balls and bars enhances the experience.

TOTAL BODY - A combination of high/low, step, sports moves, interval work, and sculpting.

THE WILLPOWER METHOD™ - The ideal cardiovascular solution for mind-body practitioners combining dance, pilates, and plyometrics into one barefoot class.

YOGA - Learn proper posture and breathing with fundamental yoga postures that will build balance, strength, and flexibility.

ZUMBA™ - Ditch the workout, join the party! Zumba is a Latin dance based cardio class that will have you wondering where the time went.

Fitness Orientation

(Required for Ages 8-17 before working out or attending a class)

Kids ages 8-11 may only attend classes during Family Fitness on Saturdays from 10AM-5PM after completing a Fitness Orientation & must be accompanied by a parent.

Hours:

Tuesdays & Thursdays	6:00 - 7:00PM
Wednesdays & Fridays	10:00 - 11:00AM
Saturdays	10:30 - 11:30AM

Call the Fitness Desk to sign up:
303-231-1330



Questions?

Call: 303-231-1300