



# GROUP EXERCISE CLASSES

## EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP</b> 5:30 Lindsay W	<b>BOOT CAMP</b> 5:30 Lindsey B	<b>STRENGTH</b> 5:30 Lindsay W	<b>BOOT CAMP</b> 5:30 Lindsay W	<b>BOOT CAMP</b> 5:30 Ally	
<b>SHINE DANCE FIT</b> 8:00 Starla	<b>TURN UP</b> 8:00 Stephanie	<b>SHINE DANCE FIT</b> 8:00 Starla		<b>SHINE DANCE FIT</b> 8:00 Starla	<b>PUMP N' CORE</b> 8:00 Pam
<b>CIRCUIT TRAINING</b> 9:00 Falisha	<b>PILATES</b> 9:00 Falisha	<b>CYCLE</b> 9:00 Brent	<b>PILATES</b> 9:00 Falisha	<b>FIT</b> 9:00 TBD	<b>ZUMBA**</b> 9:00 Theresa & Pam V
<b>HIT</b> 10:00 Darrien	<b>BARRE/HIIT</b> 10:00 Starla	<b>YOGA</b> 10:00 Kristi	<b>BARRE/HIIT</b> 10:00 Starla	<b>OUTDOOR YOGA</b> 9:00 Kat	
<b>SILVER SNEAKERS CHAIR YOGA</b> 11:00 Falisha		<b>SILVER SNEAKERS CLASSIC</b> 11:00 Falisha		<b>HIT</b> 10:00 Darrien	
<b>TAI CHI**</b> 12:00 Falisha	<b>CHAIR YOGA</b> 12:00 Kristi	<b>TAI CHI**</b> 12:00 Falisha	<b>SENIORS STRONG</b> 12:00 Falisha	<b>BOSU &amp; BARBELL</b> 11:00 Falisha	
<b>CIRCUIT</b> 5:00 Pam S	<b>KIDS BOOT CAMP</b> 3:00 Falisha		<b>KIDS YOGA</b> 1:00 Kristi	<b>SIT AND BE FIT</b> 12:00 - 12:45 Falisha	
<b>POUND**</b> 6:00 Theresa	<b>FIT</b> 4:00 TBD	<b>POUND**</b> 6:00 Theresa	<b>TAI CHI</b> 4:00 Falisha		
<b>RESTORATIVE YOGA*</b> 6:00 Kristi	<b>TONE + SCULPT</b> 4:00 TBD	<b>RESTORATIVE YOGA*</b> 6:00 Kristi	<b>CIRCUIT TRAINING</b> 5:00 Falisha		
<b>CYCLE</b> 7:00 Brent	<b>ZUMBA**</b> 6:00 Theresa	<b>CYCLE^</b> 7:00 Brent	<b>ZUMBA**</b> 6:00 Pam V		
	<b>RESTORATIVE YOGA*</b> 6:00 Kristi				

\*Class will take place in Community Rooms

\*\*Class will take place in gymnasium

^Classes begin week of June 8th

Class Recommended For Seniors

## FACILITY HOURS

Monday - Friday  
5am - 9pm  
Closed 12-12:30  
High Risk 12:30 - 1:30

Saturday  
6am - 7pm

Sunday  
8am - 5pm

## CHILD WATCH HOURS

Closed Until  
Further Notice



*Senior Classes  
Offered Daily!*

**SilverSneakers®**



## GROUP EXERCISE CLASS DESCRIPTIONS

**Aqua Fit:** An upbeat class that offers a complete cardiovascular workout utilizing water resistance. This traditional style of water aerobics class is low-impact and gentle on your joints, yet strenuous enough to tone and sculpt your muscles. You'll burn calories without even noticing with this fun workout!

**Aqua Zumba:** Zumba fitness in the pool! All of your favorite Latin-inspired dance moves but with added resistance from the water. You'll jump, stretch, and move to the beat of the music – all the while pushing your arms and legs through the water.

**BARRE®:** Most barre-based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.

**Boot Camp:** This class is designed to be short intervals of intense activities including jumping jacks, pushups, squat jumps, lunges, lateral skills, core work, and more. A variety of equipment could be used to keep the workout fun and fresh. The instructor will help you focus on your form while improving strength, cardiovascular endurance, agility and flexibility. Exercises can be modified for personal fitness needs.

**Bosu & Barbell:** A combination of resistance, balance, core, and stability using barbells and bosus. Mastering form on squats, dead-lifts and lunges with barbells and challenging your balance, stability and core in multiple ways on bosu.

**Circuit:** Similar to Boot Camp this class is an intermediate level class of resistance training and high-intensity cardio exercise stations. It targets strength building and muscular endurance.

**Cycle:** This journey is designed to provide you with the optimum in fat burning and strength building. The ride will simulate varied terrain using visualization as you tackle rolling hills, sprints, and other drills to give you a great interval workout. This class is for the beginners as well as seasoned cyclists! Comfortable workout clothes (padded bike shorts recommended), bring a water bottle, and a towel.

**FIT:** Want an effective full body workout? Join in on this fun strength training class that utilizes dumbbells & your own bodyweight. Targets your core, upper & lower body. Get great results & motivation to take on any day! All fitness levels welcome.

**HIIT:** HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**Kids Boot Camp 9+ :** Focuses on speed, agility, quickness to strengthen sport performance, drills, heart rate purpose, body weight exercises to improve overall fitness level.

**Pilates®:** A mind/body exercise consisting of systematic mat work and equipment-based exercises taught at different levels. The focus is on optimal musculoskeletal performance, strength, flexibility, and endurance without risking injury or creating bulk. The 5 basic principles of Stott Pilates will be taught which includes breathing, pelvic and rib cage placement, scapular movement and stabilization, and head and cervical placement.

**Pound®:** Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**Pump 'N Core:** A barbell workout using high rep sets that will train all your major muscle groups while focusing on proper form. You will improve overall strength and endurance. Body resistance core exercises will be integrated throughout the session.

**Shine Dance Fitness™** is a high cardio dance fitness class rooted in Jazz, Ballet and Hip Hop. We use current music and the routines are choreographed to make you feel strong, happy, confident and inspired. This class is guaranteed to energize your soul. All abilities welcome!

**Silver Sneakers™ Chair Yoga** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

**Silver Sneakers Classic** focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

**Sit And Be Fit:** Seated exercise and stretching to increase strength and flexibility, improve mood, blood pressure, osteoarthritis, obesity, lower chances of injury, and help prevent chronic disease.

**Tai Chi:** The program includes a warm up, wind down, Qigong exercises, special precautions and a set of 12 movement Tai Chi. Sun style is especially beneficial for arthritis because it contains powerful Qigong exercises to enhance healing and agile steps to improve mobility.

**Tone + Sculpt:** Engage your whole body for this low impact fitness journey. Using dumbbells, resistance bands, stability ball or other equipment & your own body weight to strengthen all major muscle groups. Designed to define, shape, and tone your body.

**Water Arthritis:** Designed to work on range of motion, balance, building muscle strength, and reducing pain and stiffness all while utilizing the resistance of the water.

**Yoga:** A class for the whole body. Designed to improve flexibility and strength while including relaxation. Hatha yoga exercise/poses performed will enhance your daily activities with attention given to proper breathing, posture and movement. Emphasis may be given to core work with Pilates-based exercises. Good for all levels with proper modifications given when necessary.

**Zumba®:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba Fitness classes are often called exercise in disguise. Super effective and super fun.