

Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		7:45-9:00 Low Impact/ Step/Floor (A) Karen	5:30-6:30 Body Flex (K) Ginny	7:45-9:00 Low Impact/ Step/Floor (A) Karen	5:30-6:30 Body Flex (K) Ginny	8:00-9:00 Low Impact/ Circuit (A) Karen	7:45-8:45 Flow Yoga (A) Andrea
		8:30-9:25 Body Flex (K) Debbi	5:45-6:45 Core Align. (A) Margot	8:30-9:25 Body Flex (K) Debbi	5:45-6:45 Core Align. (A) Margot		8:15-9:15 Body Flex (K)
		9:30-10:30 Step (A) Debbi	9:20-10:05 Pilates (A) Mary	9:30-10:30 Step (A) Debbi	9:20-10:05 Pilates (A) Mary	9:05-10:20 Interval Power (A) Debbi	9:00-10:15 Step Combo (A) Jenny/Tara
			10:00-11:00 Hatha Yoga (M) Ray		10:00-11:00 Hatha Yoga (M) Ray		
		10:35-11:30 Low Impact (A) Mary	10:15-11:15 Body Flex (K) Tina	10:35-11:30 Low Impact (A) Mary	10:15-11:15 Body Flex (K) Tina	10:35-11:30 Low Impact (A) Mary	11:00-12:00 Zumba (A) Andrea
		10:30-11:30 Young at Heart (A) Mary		10:30-11:30 Young at Heart (A) Mary			
PM		12:00-1:00 Zumba (A) Andrea	12:00-1:00 Interval Step (A) Tina	12:00-1:00 Zumba (A) Andrea	12:00-1:00 Interval Step (A) Tina	12:00-1:00 Zumba (A) Andrea	
		12:00-1:00 Body Flex (K) James	12:00-1:00 Karate (K) Rick	12:00-1:00 Body Flex (K) Tina	12:00-1:15 Karate (M) Rick	12:00-1:00 Body Flex (K) Tina	
	2:00-3:00 Zumba (A) Tina	12:05-12:55 Flow Yoga (M) Karen		12:05-12:55 Hatha Yoga (M) Karen		12:05-12:55 Hatha Yoga (M) Karin	
		4:30-5:15 Pilates (A) Theresa	4:30-5:15 Tai Chi (A) Fenny	4:30-5:15 Pilates (A) Theresa	4:30-5:15 Tai Chi (A) Fenny	4:30-5:30 Pi-Yoga (A) Andrea	
		5:25-6:25 Step/Core (A) Raschel	5:30-6:30 Zumba (A) Amber	5:25-6:25 Cardio Step (A) Tina	5:30-6:30 Zumba (A) Amber	5:30-6:20 Zumba Gold (A) Andrea	
		5:30-6:30 Circuit (Mo) Sarah	6:00-7:00 Circuit (Mo) Andrea	5:30-6:30 Circuit (Mo) Sarah	6:00-7:00 Circuit (Mo) Andrea		
		6:30-7:30 Cardio Hour (A)Shanna	6:35-7:30 Pilates (A) Theresa	6:30-7:30 Cardio Hour (A) Shanna	6:35-7:35 Pilates (A) Jenny	6:30-7:30 Cardio Hour (A) Shanna	
			7:35-8:35 Flow Yoga (A) Fenny		7:35-8:35 Flow Yoga (A) Fenny		
Location Code: A- Anderson Room K- Kells Room M- Mat Room MO- Moore Room							

Cycling Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Karen		Jenny		Karen	
9:15 AM							Shanna
10:15 AM		Tina		Tina			
12:00 PM		Theresa	Beth	Theresa	Jessica	Theresa	
5:30 PM		Robert	Tiffany W	Tiffani U	Tiffani W	Tiffany U	

Zumba Kids

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:00-4:45 Zumba Kids (G) Tina		4:00-4:45 Zumba Kids (G) Tina		4:00-4:45 Zumba Kids (G) Tina	

Group Fitness Class Descriptions

Body Flex: Using traditional weight training techniques set to music, this class enables you to achieve extra muscle tone to help re-shape your body, increase strength, flexibility, endurance and bone density.

Cardio Hour: This class will keep your body guessing! Changing it up is the class motto. Be prepared to work out in any aerobics style from floor to step to interval drills.

Circuit: A fast paced full body workout! Be ready to move from one exercise to the next – you may start with lifting weight on circuit equipment and then shift to quick bursts of cardio. Bring a towel, you'll need it!

Core Alignment: Focusing on core stability, postural alignment, stretching and strengthening, this class is designed to improve structural and mechanical function, returning the body to efficient functioning position.

Cycling: A 45 minute moderate to high-intensity non-impact cardiovascular workout using road cycle techniques and philosophies on specially designed bikes. Please show up early for seat adjustments and instruction. A towel and water are a must!

Flow Yoga: Learn the graceful, peaceful Vinyasa style (flow) poses in this class. Attention to detail and the meditative flow can allow the joints and muscles to release tension and create a state of deep relaxation.

Hatha Yoga: Emphasizes undoing tension in the body and deepening the sense of the spine. The postures unfold from increased movement and support at the core.

Interval Step: A 60 minute class that has it all: step aerobics and sport drills for cardiovascular conditioning, lower and upper body sculpting, weights and resistance bands. The class also frequently features abdominal work and stretching.

Interval Power: This class has a variety of intervals to keep your body guessing: cardio spikes and head to toe sculpting with step, fitness balls, and more!

Low Impact Aerobics: Movements involve large muscle groups used in continuous rhythmic activity in which at least one foot is in contact with the floor at all times.

Pilates: Focusing on core stability and postural alignment, Pilates offers exercises to improve strength and mobility. Pilates may be used for corrective and preventative postural purposes in today's hectic lifestyle.

Silver & Fit: A combination of cardio and strength training with emphasis on balance, agility and interpersonal connections. The class is offered in combination with a facilitated one-hour discussion on healthy aging strategies.

Step Aerobics: A fun high-energy class that uses varied choreography on the step bench to rev you up and make you sweat! May be challenging to the beginner, but don't be daunted. Allow yourself two or three weeks to learn the steps.

Step and Sculpt: Step aerobics with a segment of lower and upper body sculpting with tubing and dumbbells.

Step Combo: A 75 minute class that offers some of everything: high or low impact moves on the floor, a variety of choreography moves on the step bench, lower and upper body sculpting, weights and resistance bands. This class also includes floor work for those hard to tone areas and abdominal exercises to finish.

Tai – Chi: An ancient internal martial art, best described as a moving combination of yoga and meditation. Tai Chi can be practiced for health and relaxation, and is ultimately an excellent form of self-defense.

Zumba: It's so much fun you won't realize you're exercising! Get in shape and have fun in this class featuring Latin music and moves set to an international beat.