



Group Fitness Class Schedule Effective: March 1, 2020

GROUP FITNESS

Room Key:
R: Pilates Reformer
1: Group Fitness Studio #1
2: Group Fitness Studio #2
MB: Mind Body Studio

New Time/Class
MB: Yoga
TC: Tennis Court
CF: Cardio Floor
FF: Fitness Floor
Aquatics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am 2: Indoor Cycling Emilv	8:30-9:00am R: Intro to Pilates Reformer Cassie	6:00-6:45am 2: Indoor Cycling Laurel	6:00-7:00am 2: HIIT - Low Impact Tera	6:00-7:00am 1: BodyPump Emilv	8:30 - 9:30am CF: Burn Zone Raquel	11:00-12:00pm 1: BodyPump Ann
9:00-10:00am 1: Fit/50 Marianne	9:00-10:00am 2: Combo Intervals Ellvn	8:30-9:30am MB: Yoga Amy	9:00-10:00am 1: BodyPump Ann	9:00-10:00am 1: Fit/50 Marianne	9:00-10:00am 2: Indoor Cycling Emilv	
9:00-10:15am 2: Strength Intervals Lori	10:00-11:00am MB: Resilience Yoga Inna	9:00-10:00am 2: Cardio Intervals Lori	10:00-11:00am LP: BOGA Yoga Amy	9:00-9:30am 2: Spin - Triple Threat Ellvn	9:30-10:30am 1: BodyPump Katie	
9:45-11:00am MB: Vinyasa Yoga Kellv	10:00-11:00am TP: BOGA Balance Sallv	9:00-10:00am 1: Fit/50 Marianne	10:30-11:30am 2: Low Impact Intervals Lori	9:30-10:15am MB: Pilates - Triple Threat Ellvn	10:30-11:15am FF: Strictly Strength Brendon	
10:15-11:15am 1: Seniorcize Marianne	10:30-11:30am 2: Low Impact Intervals Lori	9:00-10:00am FF: Next Level Fit Katie	11:00-12:00pm MB: YogaReform Amy	9:30-10:15am FF: Strictly Strength Brendon	11:00-12:00pm LP: BOGA Fit Katie	
11:00-11:45am 2: Strictly Strength Brendon	11:30-12:30pm MB: Stress Relief Yoga Angela	10:15-11:15am 1: Seniorcize Marianne	11:45-12:30pm 2: Core & More Brendon	10:00-11:00am 2: Tai Chi Jennifer	11:15-12:00pm FF: Core & More Brendon	
5:30-6:00pm R: Intro to Pilates Reformer Ellvn	11:45-12:30pm 2: Core & More Brendon	11:00-12:00pm CF: Burn Zone Raquel	12:30-1:30pm 1: Arthritis Class Marva	10:15-11:15am 1: Senior Stretch Marva	10:30-11:30am Court: Zumba Shellev	
5:30-6:30pm 1: BodyPump Katie	5:30-6:30pm CF: Tread & Shred Raquel	12:00-1:00 pm MB: Mat Pilates Ellvn	5:30-6:15pm FF: Next Level Fit Katie	12:30-1:30pm MB: Stress Relief Yoga Angela	10:30-11:30am 2: CardioKick Melinda	
5:30-6:30pm 2: Indoor Cycling Raquel	6:15-7:00pm MB: Zumba Sentao Shellev	5:00-5:45pm 2: H.I.I.T Tera	5:30-6:30pm 2: Indoor Cycling Emilv		11:00-12:15pm MB: Vinyasa Yoga Kellv	
6:30 - 7:30pm CF: Burn Zone Raquel	6:30-7:30pm 1: BodyPump Anita	5:30-6:30pm 1: BodyPump Ann	6:30-7:30pm 1: BodyPump Anita		12:00-12:45pm TC: Burn Tennis Dell	
6:45-7:30pm 2: H.I.I.T Tera	6:30-7:30pm 2: Zumba DeAndra	6:30-7:30pm 2: CardioKick Melinda	6:35-7:30pm 2: Zumba Shellev			
7:00-7:45pm TC: Burn Tennis Dell	7:00-8:00pm MB: Vinyasa Yoga Kellv	6:30-7:30pm COURT: Speed & Agility Stanson	7:15-8:30pm MB: Stress Relief Yoga Angela			
	7:30-8:15pm 2: Core & More Brendon	7:00-8:00pm LP: BOGA Fit Alex				

Arthritis Class: An Arthritis Foundation certified class using stretching, movement and light weight bearing exercises to assist with active daily living movements. This class can be done sitting or standing.

BODYPUMP™: A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class.

Burn Zone: This high intensity training program utilizes Polar heart rate monitors to push you to your limits!

CardioKick: A fat-blasting, ab-defining cardio workout that is a mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Fit/50: Fit Over 50 is a class similar to "Seniorcize" but more advanced. Designed specifically for the active adults over 50 years of age, this class combines exciting dance choreography with toning and stretching for an all around great workout!

H.I.I.T.: A High intensity interval class that utilizes resistance movements along with bodyweight movements done with intense bursts of exercise followed by active recovery periods. This class is a challenging and fast-paced metabolic technique of training.conditioning to get your heart rate up and burn fat in less time.

Indoor Cycling: This high energy indoor cycling program for all levels is designed to improve fitness and performance.

Intervals: This high intensity class is jam packed full of agility and strength drills. If you want to increase your speed and endurance, or you just want to increase your overall health, this class is for you! Classes are broken down into Cardio, Strength, and Combo classes. Choose the one that best suits your needs!

Next Level Fit: This high intensity fitness class is designed to utilize strength and interval training techniques to give students the push they need to achieve their *next level* of fitness goals.

Low Impact Intervals: This balanced workout of 30 minutes of strength and 30 minutes of core work and stretching will leave you feeling worked out and energized.

Muscle Blast: This is a total body, muscle isolation workout executed with high reps and controlled, full range of movement that will help improve endurance and strength as well as boost your metabolism.

Resilience Yoga: Yoga blend to strengthen and restore you back to a high demand lifestyle. By completion of each class expect improvement in agility, coordination, coping with physical stress, emotional challenges & problem solving

Seniorcize: This is a fun class designed specifically for seniors with easy to follow dance routines, low impact floor work, light resistance training, and abdominal exercises for a complete body workout.

Senior Stretch: Stretching promotes muscular balance, reduces tension, increases range of motion, and helps prevent injury.

Strength, Mobility, and Balance: A class designed for our seniors. This class will focus on day to day functionality (using a chair, proper way to get up from the ground, stepping over objects, using stairs, etc.) All the things are applicable to everyday life. This class is taught by our instructor that has a background in working with Physical Therapist and Occupational Therapists.

Stress Relief Yoga: Practice of Yoga that involves stretching the body and forming poses while keeping breathing slow and controlled. The body becomes relaxed and energized at the same time. These yoga poses are used to reduce stress, lower heart rate, increase strength and flexibility.

Strictly Strength: Moderate to high intensity dumbbell circuted focusing on the fundamental movements of exercise to build strength throughout the entire body.

Tread and Shred-High intensity interval training class that utilizes a variety of equipment to get your heart and muscles pumping.

Tai Chi: Dynamic actions with controlled movements and coordination. The blending of focused physical activity with breathing exercises.

Triple Threat: You can spin, do Pilates and then yoga! It's the triple threat workout, Join at anytime you want to, for as much of the three classes, do one, two or all three. Spin from 9-9:30, Pilates follows from 9:30-10:15 and then yoga at 10:15-11. Pilates and Yoga in mind/body studio. Spin in group fitness room 1. Start your weekend off great!

Vinyasa Yoga: The practice of linking asanas (yoga postures) together while synchronizing the breath with the movement. The student will have time to mentally engage with the body as it moves through the series of asanas creating a slow, moving meditation. This class is appropriate for all levels.

YogaReform: This yoga class will incorporate the pilates reformer infused with yoga moves and a yoga sequence.The reformer will add a slight edge with more core work and a deeper stretch.

Zumba: Zumba combines high energy and motivating music with unique moves and combinations that allow Zumba