



MAY 2017 GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|
| Yoga 8:00-9:00am Carol | Zumba Gold 8:15-9:00am Cheryl | | Zumba Gold 8:15-9:00am JoAnna | Young @ ♥ 8:15-9:00am Cheryl | |
| Kettlebell AMPD 9:15-10:10am Jennifer D. | PiYo 9:15-10:10am Cheryl | Muscle Pump 9:15-10:10am Cheryl | Yoga 9:15-10:10am Christina | PiYo 9:15-10:10am Cheryl | Muscle Pump 9:00-9:55am Candace |
| Werq 10:15-11:10am Courtney | Yoga 10:15-11:10am Cheryl | Zumba 10:15-11:10am Cheryl | Out of the Box 10:15-11:10am Cheryl | Zumba 10:15-11:10am Jennifer D. | Yoga 10:00-10:55 am Rotation |
| | Therapeutic Movement 11:15-11:55am Jamie | | Therapeutic Movement 11:15-11:55am Jamie | KettlebellAMPD 11:15-11:55am Jennifer D. | Classes are subject to change or be cancelled due to lack of participation |
| | Qigong 1:00-1:55pm Marti | | | | |
| | Tai Chi 2:00-2:55pm Marti | | | | |
| Yoga II 5:00-5:55pm Christina | Pitaiyo 5:00-5:55pm Lindsay H | Yoga 5:00-5:55pm Lindsay H. | CardioKickboxing 5:30-5:55pm Cheryl | | Group Fitness classes are for ages 13 & up unless otherwise noted |
| Insanity 6:00-6:55pm Candace | Muscle Pump 6:00-6:55pm Candace | PiYo 6:00-6:55pm Candace | Muscle Pump 6:00-6:55pm Cheryl | Zumba 6:00-7:00pm Heather J. | |
| Zumba 7:00-7:55pm Elisa | Zumba 7:00-7:55pm Tarif | Strong by Zumba 7:00-7:55pm Elisa | Bosu Blast 7:00-7:55pm Kelly | | |

Group Cycle Studio

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---------|--------------------------------|---------------------------------|--------|------------------------------------|
| Cycling 6:35-7:20am Kenny | | | Cycling 6:35-7:20am Kenny | | Cycling 9:00-9:55am Rotation |
| | | Cycling 6:00-7:00pm Jody | | | |

Gymnasium

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|--|---|------------------------------------|--------------------------------|----------------------------------|-------------------------------------|
| Gym Walking 8:30-9:00 am Self Guided | Total Body Circuit 10:15-11:10am Jenna | Young @ ♥ 8:15-9:00am Cheryl | | | |
| B.A.S.E. 6:00-6:45pm Tammi | Tabata 6:30-6:55pm Kelly/Jennifer M. | | Tabata 6:30-6:55pm Kelly | Bootcamp 6:00-6:55pm Jenna | Y-Elite 10:00-10:55am Michael |
| Y-Elite 7:00-7:55pm Jenna | Family Bootcamp *9&up* 7:00-7:55pm Kelly/Jennifer M. | | | | |

CLASS DESCRIPTIONS

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|----------------------|---|
| B.A.S.E. | Balance, Agility, Strength, Explosiveness BASE I—Ages 7-9 BASE II—Ages 10-12 A class designed for youth ages 7-12 to challenge and improve overall fitness and athletic performance. Take it to the next level with BASE! |
| Bosu Blast | This innovative class will help strengthen your core, improve balance, build muscular endurance, and burn calories, while working with the BOSU Balance Trainer |
| Bootcamp | Intense conditioning class combining cardio & strength exercises using your own bodyweight, varied equipment, and some partner work. **All fitness levels welcome as exercises can be modified to participant level** |
| Cardio Kickboxing | This fun, total-body workout improves cardiovascular fitness as it strengthens and tones, reduces body fat, and reduces stress. Learn safe punching & kicking techniques in this non-contact arena. Great for all fitness levels. |
| Cycling | A perfect class for those new to cycling AND those with experience! Learn how to get set up on your bike and start pedaling. This class simulates the outdoor biking experience on state of the art stationary bikes, combining endurance, speed, and hill interval training with guided workouts and motivational music. |
| Insanity | Cardio based total body conditioning program pushing participants to new training heights with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. |
| Kettlebell AMPD | This fitness program uses light kettlebells in combination with heart-pumping music for a fun, calorie-burning, total-body workout. Each song will focus on a specific area of arms, legs, core, or cardio. |
| Muscle Pump | A focused strength training class that is sure to elevate the heart rate as well. This class uses a variety of equipment designed to work the entire body. *May also include the RIP program. |
| Pitaiyo™ | A series of non & low-impact Pilates, Tai Chi & yoga exercises designed to develop core strength, flexibility, balance, and inner awareness. |
| PiYo™ | Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements to improve balance and core power. We crank up the music, the speed and the fun to give an intense, low- impact workout that will burn lots of calories and sculpt everything from head to toe. No previous experience required! |
| Strong™ by Zumba | STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. |
| Tabata | Is an interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. |
| Therapeutic Movement | Designed for people with chronic disease (such as Parkinson's, cancer, diabetes & arthritis) or any condition that causes limited range of motion, this class focuses on corrective exercises, resistance and core training. Specialized formats may also be included such as yoga, Zumba, TRX and spinning. |
| Werq | A fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps that will be used in class - the cool down includes balance and yoga-inspired poses. Everything in between is just pure fun! Are you ready to WERQ? |
| Yoga | Focus on basic Yoga postures and breathing techniques and includes sun salutations, balance work, stretching, and final relaxation. Appropriate for all fitness levels. |
| Young at Heart | Enjoy a different type of workout with each class! Designed for active older adults, this low-impact workout focuses cardio, strength, balance, and flexibility. |
| Y-Elite | This hard core, intense training class is guaranteed to make you sweat! Bootcamp with an extra boost to challenge you! |
| Zumba Gold | Join the Party! This dance based workout combines Latin rhythms with easy to follow dance moves. Taught at a slower pace than regular Zumba for those looking for a fun low impact class. Perfect for active older adults, pre/post-natal mothers of new exercisers. No dance experience necessary. |
| Zumba | Join the Party! A dance-based workout combining Latin rhythms with easy-to-follow dance moves. No dance experience necessary. |