



## GROUP EXERCISE SCHEDULE

Effective 4/10/17

### MONDAY

5:45-6:45am	Body Pump	Susan O
8:30-9:25am	ZUMBA	Christine R
9:30-10:25am	BODYPUMP	Donna R.
10:40-11:35am	ZUMBA GOLD	Christine R
4:30-4:55pm	CHISEL'D UPPER BODY	Melanie V.
5:00-5:25pm	AB SHREDDER	Melanie V.
5:30-6:15pm	Kangoo Jump Cardio	Cheryl H
6:30-7:25pm	KRIPALU YOGA	Suzanne H.
7:30-8:25	ZUMBA	Amanda C

### TUESDAY

5:45-6:45am	BODYPUMP	Amy M.
8:30-9:25am	BODYPUMP	Michele F.
9:30-10:25am	3,2,1 SHRED	Amy B
10:30-11:25am	PILATES 1	Michele F.
11:30-12:25pm	YOGA	Maureen M.
12:30-1:30pm	Active Aging	Deb Quigley
5:30-6:25pm	Body Pump	Cheryl H
6:30-7:15pm	Pound	Jenna

### WEDNESDAY

5:45-6:45am	PILOXING	Amy M.
8:30-9:25am	BODY SCULPT	Amy M.
9:30-10:25am	Cardio Interval	Julie D
10:30-11:25am	YAH-YOGA + PROPS	Suzanne H.
11:30-12:25pm	TAI CHI	Suzanne H.
4:30-4:55pm	CHISEL'D LOWER-BODY	Melanie V.
5:00-5:25pm	AB SHREDDER	Melanie V.
5:30-6:25pm	ZUMBA	Kim F.
6:30-7:25pm	BODY PUMP	Donna R.
6:30-7:25pm	PILATES 1 *studio 2	Maureen M.
7:30-8:25	YOGA	Maureen M.

### THURSDAY

5:45-6:45am	BODYPUMP	Lisa G
8:30-9:25am	BODYPUMP	Michele F.
9:30-10:25am	Body Sculpt	Amy M.
10:30-11:25am	PILATES 2	Andrea M
11:30-12:25pm	YOGA	Sue
5:00-6:00pm	BODYPUMP	Lisa G.

### FRIDAY

8:30-9:25am	Chisel'd	Kristin S
9:30-10:25	BODY ATTACK	Michele F.
10:30-11:25am	YAH-LIA/SCULPT	Lisa G.
5:30-6:35pm	ZUMBA	Christine P

### SATURDAY

7:05-7:55am	PILOXING	Julie D.
8:00-8:55am	BODYPUMP	Cheryl
9:00-9:55am	ZUMBA	Devon
10:00-10:55am	BODYPUMP	Beth F.
11:00-11:55am	ZUMBA	Devon

### SUNDAY

8:00-8:55am	STEP	Amy B.
9:00-9:55am	CORE & MORE	Amy B
9:00-9:55am	PILATES-MAT STUDIO #2	Andrea M
10:00-10:55am	BODY ATTACK	Amy M.
11:30-12:15pm	Kangoo Jump Cardio	Kerry

\*see reverse side for spin schedule



# SPINNING SCHEDULE

## MONDAY

Spin 5:45-6:45am	Beth F.
Spin Flex 9:30-10:30am	Debbie Z.
5:30-6:30pm	Bill G.

## TUESDAY

9:30-10:30am	Debbie Z.
Spin 5:30-6:15pm	Theresa

## WEDNESDAY

Spin 5:45-6:45am	Theresa
Spin & Abs 9:30-10:30am	Michele F.
Spin & Flex 5:30-6:30pm	Debbie Z.
Spin 7:30-8:30pm	Barbara C

## THURSDAY

Tabata Spin 9:30-10:30am	Donna R.
Spin 6:30-7:30pm	Jen P

## FRIDAY

Spin Flex 5:45-6:45am	Cheryl H.
Spin 10:30-11:30am	Jen P

## SATURDAY

Spin 7:30-8:30am	Scott M.
Spin 9:00-10:00am	Beth F.

## SUNDAY

Spin 8:00-8:45am	Barbara C.
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### \*Must call or go on line to reserve your boot size for Kangoo class & bike for Spin

**3.2.1 Shred:** A circuit class – 3 minutes of strength training, 2 minutes of cardiovascular work and 1 minute of abdominal work.

**Ab Shredder:** 30 minutes of conditioning exercises for the torso and abdominal area. It will transform your abs!

**Active Aging:** Enjoy an exciting hour of cutting edge research based programming and practical approaches for training the brains and bodies of our 50+ members. We will focus on mental health, cardiovascular conditioning, & strength

**Body Pump:** Resistance training to music. A revolutionized exercise concept that works all muscle groups.

**Body Sculpt:** A full body muscle conditioning class focused on form and technique using weights, body bars & segments of cardio intervals

**Bootcamp:** A full body workout with intervals of cardio, strength and core training

**Body Step:** An easy to follow class using an adjustable step and moving to sing-along music. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

Cardio Interval: A full body workout with intervals of cardio and weights

**Chisel'd:** A total body strength conditioning class using a variety of equipment and body weight with focus on form and technique. Class ends with a strong core workout.

**Chisel'd Upper Body:** A 30 minute class using weights and bars to target chest, back, shoulders, biceps and triceps.

**Chisel'd Lower Body:** A 30 minute class using weights, bands and steps to target quads, hamstrings, glutes and calves.

**Core & More:** A challenging head to toe workout using a variety of equipment, focused on engaging core muscles to maximize total body conditioning.

**\*Kangoo Jump\*** A fun cardiovascular workout that combines dance moves, running and jumping.

You wear Kangoos- Unusual footwear that look like ski boots that will enable you to rebound and enjoy a LOW IMPACT workout. 80% less impact than your sneakers and you burn 25% more calories.

It is a full body workout. This class is excellent for those with bad backs, knees and hips. If you have your own boots no need to register.

**Pilates:** Pilates is one of the safest and most effective exercise programs available today. It unites body and mind and creates a more streamlined shape. You will build core abdominals, restore natural posture, develop strength, flexibility and endurance.

**Piloxing:** Mixes Pilates & Boxing moves for a fat torching, muscle sculpting, core-centric, interval workout.

**Pound:** An exciting 45 minute cardio, strength training class that uses weighted drumsticks. You can burn up to 500-900 calories-

**Step:** A challenging aerobic workout choreographed to music using the step, ending with abs.

**\*Spinning\*:** A highly effective, non-impact, cardiovascular workout on a stationary bike. All levels welcome.

**\*SPIN Flex\*** is a combo class format that uses dyna bands and dumbbells to train the major muscles groups, paying special attention to the upper body.

**\*Spin & Abs\*:** A highly effective, non-impact, cardiovascular workout on a stationary bike. With 15 minutes of abs

**\*Tabata Spin\*:** This ride can be different every time. Rolling hills, intervals, endurance, stacked ladders, race day, etc. .

**YAH-LIA/Sculpt:** Low impact choreography for 30 minutes, followed by muscle conditioning and abs for the Young At Heart.

**Yoga:** A wholesome approach to achieving perfect physical and mental health, happiness and tranquility.

**YAH-Yoga with Props:** Gentle yoga with light weights, bands and balls. For the young at heart (YAH)

**Kripalu Yoga:** A gentle yet challenging approach to asana practice that emphasizes breath work, meditation, and encourages inward focus and spiritual attunement. This class can initiate a gradual process of physical healing, psychological growth and spiritual awakening

**Zumba:** A fusion of Latin and international music-dance themes creating a dynamic, exciting, effective fitness system! Zumba is a mixture of body sculpting movements with easy to follow dance steps.

**Zumba Gold:** Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

**All classes are instructed by certified, CPR trained instructors and are subject to change. \*\* requires reservations\*\***