

## Group Fitness Schedule

### January 2019

| MON   | TUES   | WED   | THURS   | FRI  | SAT  |
|---|--|---|---|--|--|
|   | <b>1</b><br>  | <b>2</b><br><b>*8a Step n Define</b><br>(60 min.) w/ Barb<br><b>*9a Healthy Back</b><br>(60 min.) w/ Debbie<br><b>*6p Yoga</b><br>(60 min.) w/ Natalie  | <b>3</b><br><b>*8a Zumba</b><br>(60 min.) w/ Amelia<br><b>*9a Yoga</b><br>(60 min.) w/ Natalie  | <b>4</b><br><b>*8a Core Might</b><br>(45 min.) w/<br>Stephana<br><b>*9a Nia Fitness</b><br>(60 min.) w/ Debbie<br>or Michelle  | <b>5</b><br><b>*9a Yoga</b><br>(60 min.)<br>w/ Debbie  |
| <b>7</b><br><b>*8a Cardio Sculpt</b><br>(60 min.) w/ Stephana<br><b>*9a Functionally Fit</b><br>(30 min.) w/ Stephana<br><b>*6p Tai Chi</b><br>(60 min.) w/ Bill  | <b>8</b><br><b>*8a TRX</b><br>(60 min.) w/ Stephana<br><b>*9:15a Pilates Mat</b><br>(60 min.) w/ Meg<br><b>*10:15a Yoga</b><br>(60 min) w/Natalie  | <b>9</b><br><b>*8a Step n Define</b><br>(60 min.) w/ Barb<br><b>*9a Healthy Back</b><br>(60 min.) w/ Debbie<br><b>*6p Yoga</b><br>(60 min.) w/ Natalie  | <b>10</b><br><b>*8a Zumba</b><br>(60 min.) w/ Amelia<br><b>*9a Yoga</b><br>(60 min.) w/ Natalie | <b>11</b><br><b>*8a Core Might</b><br>(45 min.) w/<br>Stephana<br><b>*9a Nia Fitness</b><br>(60 min.) w/ Debbie<br>or Michelle | <b>12</b><br><b>*9a Yoga</b><br>(60 min.)<br>w/ Debbie |
| <b>14</b><br><b>*8a Cardio Sculpt</b><br>(60 min.) w/ Stephana<br><b>*9a Functionally Fit</b><br>(30 min.) w/ Stephana<br><b>*6p Tai Chi</b><br>(60 min.) w/ Bill | <b>15</b><br><b>*8a TRX</b><br>(60 min.) w/ Stephana<br><b>*9:15a Pilates Mat</b><br>(60 min.) w/ Meg<br><b>*10:15a Yoga</b><br>(60 min) w/Natalie | <b>16</b><br><b>*8a Step n Define</b><br>(60 min.) w/ Barb<br><b>*9a Healthy Back</b><br>(60 min.) w/ Debbie<br><b>*6p Yoga</b><br>(60 min.) w/ Natalie | <b>17</b><br><b>*8a Zumba</b><br>(60 min.) w/ Amelia<br><b>*9a Yoga</b><br>(60 min.) w/ Natalie | <b>18</b><br><b>*8a Core Might</b><br>(45 min.) w/<br>Stephana<br><b>*9a Nia Fitness</b><br>(60 min.) w/ Debbie<br>or Michelle | <b>19</b><br><b>*9a Yoga</b><br>(60 min.)<br>w/ Debbie |
| <b>21</b><br><b>*8a Cardio Sculpt</b><br>(60 min.) w/ Stephana<br><b>*9a Functionally Fit</b><br>(30 min.) w/ Stephana<br><b>*6p Tai Chi</b><br>(60 min.) w/ Bill | <b>22</b><br><b>*8a TRX</b><br>(60 min.) w/ Stephana<br><b>*9:15a Pilates Mat</b><br>(60 min.) w/ Meg<br><b>*10:15a Yoga</b><br>(60 min) w/Natalie | <b>23</b><br><b>*8a Step n Define</b><br>(60 min.) w/ Barb<br><b>*9a Healthy Back</b><br>(60 min.) w/ Debbie<br><b>*6p Yoga</b><br>(60 min.) w/ Natalie | <b>24</b><br><b>*8a Zumba</b><br>(60 min.) w/ Amelia<br><b>*9a Yoga</b><br>(60 min.) w/ Natalie | <b>25</b><br><b>*8a Core Might</b><br>(45 min.) w/<br>Stephana<br><b>*9a Nia Fitness</b><br>(60 min.) w/ Debbie<br>or Michelle | <b>26</b><br><b>*9a Yoga</b><br>(60 min.)<br>w/ Debbie |
| <b>28</b><br><b>*8a Cardio Sculpt</b><br>(60 min.) w/ Stephana<br><b>*9a Functionally Fit</b><br>(30 min.) w/ Stephana<br><b>*6p Tai Chi</b><br>(60 min.) w/ Bill | <b>29</b><br><b>*8a TRX</b><br>(60 min.) w/ Stephana<br><b>*9:15a Pilates Mat</b><br>(60 min.) w/ Meg<br><b>*10:15a Yoga</b><br>(60 min) w/Natalie | <b>30</b><br><b>*8a Step n Define</b><br>(60 min.) w/ Barb<br><b>*9a Healthy Back</b><br>(60 min.) w/ Debbie<br><b>*6p Yoga</b><br>(60 min.) w/ Natalie | <b>31</b><br><b>*8a Zumba</b><br>(60 min.) w/ Amelia<br><b>*9a Yoga</b><br>(60 min.) w/ Natalie |  |  |
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## GROUP FITNESS CLASS DESCRIPTIONS

*Your Group Fitness Instructors are certified by nationally recognized training organizations to provide a safe and enjoyable program. Appropriate modifications are made during classes for every fitness level. All classes are drop-in, unless otherwise indicated, and class size may be limited to ensure the safety of all participants.*

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| <b>Active After 50</b><br>(Levels 1, 2, and 3)                   | Resistance training designed for strength, stability, & improved mobility. By improving in these areas, you will increase your flexibility & range of movement, as well as prevent injuries. All ages are welcome!   |
| <b>Aqua in Motion &amp; Aqua Fitness</b><br>(Levels 1, 2, and 3) | A low impact, intense water workout for all levels which includes cardio, muscle strengthening, balance exercises, & stretching using a variety of buoyancy equipment. You will work lower body, upper body, & your cardiovascular system. Come join the fun!  |
| <b>Cardio Sculpt</b><br>(Levels 1, 2, and 3)                     | Work-outs designed to shape and tone your entire body using bands, Body Bars, and weights. Improves your muscle tone and condition, as well as strengthens your core.  |
| <b>Core Might</b><br>(Levels 1, 2 and 3)                         | This class allows individuals to train for improvements in everyday real life activities. Through the use of balls, bands, and weights, functional movement patterns, such as twisting, bending, pushing, and pulling, are executed in a FUN & creative way. Core training, balance, & flexibility are all included to create a total body workout.  |
| <b>Functionally Fit</b><br>(Levels 1, 2 and 3)                   | Designed to exercise/train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. While using various muscles in the upper and lower body at the same time, exercises also emphasize core stability.   |
| <b>Healthy Backs</b>   | Healthy Backs is designed to allow for gentle release of the back muscles through stretching and strengthening the deep and superficial muscles of the torso. Special emphasis is placed on alignment of the spine throughout the class to build strength in the muscles to increase stability. The class will consist of standing and floor poses using twists and gentle back bends meant to increase flexibility and range of motion. |
| <b>Nia Fitness</b><br>(Levels 1, 2, and 3)                       | Experience the Joy of Movement with Nia - the fusion fitness program which combines elements of Dance, Martial Arts, & the Healing Arts. Discover this pleasure-based, mind-body-spirit workout to get you in shape from the inside out.   |
| <b>Pilates Mat</b><br>(Levels 1, 2, and 3)                       | A Total Body workout designed to strengthen & tone your abdominals & back. You will increase your flexibility & improve your body awareness. Muscles become long, lean, and strong. Bands, balls, & light weights are utilized to increase muscular endurance & burn stored fat.   |
| <b>Step n Define</b><br>(Levels 1, 2, and 3)                     | This workout is designed with the 1 <sup>st</sup> 30-40 minutes utilizing step choreography for your cardio workout. The last 20-30 minutes is muscle conditioning for the entire body by incorporating balls, bands, & weights.   |
| <b>Tai Chi</b>   | Tai Chi is an ancient Chinese tradition practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Tai chi is a noncompetitive, self-paced system of gentle physical exercise & stretching. Each posture flows into the next without pause, ensuring constant motion for your body.  |
| <b>Total Stretch</b>   | Your total stretching will help you to increase flexibility, which improves mobility & can lead to better performance. Relaxation techniques & meditation will also be incorporated into your total body stretch.  |
| <b>TRX Stretch</b>   | This class focuses on deep stretching utilizing bands, straps, etc... Total Body Resistance Exercise.  |
| <b>Yoga</b><br>(Levels 1, 2, and 3)                              | A soft relaxing yoga class allowing you to gently ease into each pose. Good for beginners, people with injuries, and for those who need to gain more flexibility – plus a must for those who physically carry a lot of stress!   |
| <b>Zumba</b><br>(Levels 1, 2, and 3)                             | Zumba is a unique, fun, and beneficial exercise program. There are numerous different styles of Latin dances mixed in (i.e. Salsa, Merengue, Cumbia, etc...) - the best part of this class is you don't have to be a dancer or professional. It allows anyone and everyone to have fun while dancing & exercising... move, sweat, and smile!   |

**Class Intensity Levels:** *Level 1 – Beginner Participant      Level 2 – Beginner and Experienced Participant*  
*Level 3 – Experienced and Advanced Participant*