



# Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	 Erica	A.W.A.K.E Lori	 Erica	A.W.A.K.E Lori		
8:00am	<b>Power Burn</b> Lori		<b>Spinnerval</b> Lori	<b>Core</b> Lori	<b>HIIT 30</b> Lori	
8:30am		 Momo		<b>STRONG</b> Lori		
9:00am	 Christie <b>Aqua Cardio</b> Jill	<b>Aqua Strength</b> Karen	 Christie <b>Aqua Cardio</b> Jill	<b>Aqua Strength</b> Karen	 Lori <b>Aqua Cardio</b> Jill	 Nicole
9:30am		<b>Zumba</b> Angie		<b>Zumba</b> Betina		
10:15am	<b>Cycling</b> Sheila <b>Yoga</b> Barbara	<b>Cycling</b> Sheila	<b>Yoga</b> Lori		<b>Yoga</b> Lori	
10:30am	<b>Silver Sneakers</b> Jill	<b>Yoga</b> Barbara	<b>Silver Sneakers</b> Jill		<b>Silver Sneakers</b> Jill	
11:15am	<b>Express Shred</b> Jill		<b>Express Shred</b> Jill			
5:30pm	<b>Circuit</b> Nicole		<b>Power Pilates</b> Nicole			
6:00pm		 Nicole		 Nicole		
6:30pm	<b>Zumba</b> Angie <b>Cycling</b> April	<b>Cycling</b> Sheila	<b>Zumba</b> Betina <b>Cycling</b> April			

# Class Descriptions

**AQUA CARDIO** - A vigorous, non-stop cardio routine that is low impact on joints to increase muscle tone and strength, and improved flexibility. Fitness Level | All

**AQUA STRENGTH** – An energetic water workout utilizing the water’s resistance to build strength and power. Fitness Level | All

**A.W.A.K.E.** - A complete high-energy cardio and sculpting class using weights, bands, body bars and jump ropes.

**BODYPUMP®** - With some seriously motivational music playing, we'll get your body moving and give you a terrific workout. By hitting all of your major muscle groups with low weights, BODYPUMP™ will sculpt your legs, chest, back, shoulders and abdominals with a satisfying stretch at the end! Fitness Level | All

**CIRCUIT** - Mix it up on Mondays! A little bit of everything! Step, Hi/Lo Cardio, Cycling, Kickboxing, and Resistance Training. You won't get bored in this class! Fitness Level | All

**CORE** - is a quick class designed to build a powerful core. You will target abs, obliques, and glutes to help improve posture, balance, and stability. This investment in your core enhances your ability to lift heavier and achieve optimal performance in all physical feats

**CYCLING** - This class is an exhilarating, indoor workout set to great music and instruction! This exciting intense workout is done on a stationary bike. Bring your water bottle and towel. Fitness Level | All

**EXPRESS SHRED** - This brand new express class will utilize your bodyweight as well as weights to strengthen your muscles and increase endurance. Fitness Level | All

**HIIT 30** - This is a high intensity cardio workout that utilizes your own body weight with 30-second exercise intervals. Fitness Level | All

**PLYO JAM** – Cardio dance fitness class that combines short explosive plyometric exercises that tone, shape and transform your body while having FUN!. Fitness Level/ All

**POP PILATES** – Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles. Fitness Level | All

**POUND®** - Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Fitness Level | All

**POWER BURN** - High energy class that combines aerobic moves, plyometric movements and intense drills.

**POWER PILATES** - Workouts designed to increase core strength, by stretching and strengthening muscles without adding bulk. Fitness Level | All

**SILVER SNEAKERS® - MUSCULAR STRENGTH & RANGE OF MOVEMENT** - A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**SPINNERVALS**- Cycling with intervals of high intensity cardio/agility training.

**STRONG**- 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.

**YOGA** - Experience the mind and body working together as a whole using strength, flexibility and the flow of movement while emphasizing control and breathing. This class is great for reducing stress. **Bring a sticky mat.** Fitness Level | All

**ZUMBA** - Ditch the workout and join the party! This is a Latin based aerobics class. Dance your way to a fitter you with exciting Latin moves and rhythms. No dance experience needed. Fun for all! Fitness Level | All