



# FITNESS CLASS SCHEDULE: OCTOBER 1—OCTOBER 31, 2024

**CLASSES ARE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-7:00AM	6:00AM-7:00AM	6:00AM-7:00AM	6:00AM-7:00AM		
\$ SMALL GROUP PERSONAL TRAINING BETHANY	\$ <b>CARDIO SPIN</b> BETHANY	\$ SMALL GROUP PERSONAL TRAINING BETHANY	\$ <b>CARDIO SPIN</b> BETHANY		
	<b>Total Body Sculpt</b> Melissa		<b>Total Body Sculpt</b> Melissa		
	7:45AM-8:45AM		7:45AM-8:45AM		
	<b>WEIGHT BAR</b> AIMEE		<b>WEIGHT BAR</b> AIMEE		
	9:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	
	SILVER SNEAKERS CLASSIC AIMEE	<b>CIRCUIT</b> AIMEE	SILVER SNEAKERS CLASSIC AIMEE	<b>CIRCUIT</b> AIMEE	
		<b>DEEP WATER</b> KIM			
	10:15AM-11:15AM		10:15AM-11:15AM		
	<b>TOTAL TONING</b> NOEL		<b>TOTAL TONING</b> NOEL		
10:45AM-11:45AM	10:30AM-11:30AM		10:30AM-11:30AM	10:45AM-11:45AM	
<b>GENTLE YOGA</b> DEB	<b>DEEP WATER</b> KATHY		<b>DEEP WATER</b> KATHY	<b>GENTLE YOGA</b> DEB	
	11:30AM-12:15PM	11:30AM-12:15PM	11:30AM-12:15PM		10:30AM-11:45AM
	<b>WATER EXERCISE FOR ARTHRITIS</b> KATHY	<b>SILVER SNEAKERS SPLASH</b> KATHY	<b>WATER EXERCISE FOR ARTHRITIS</b> KATHY		<b>YOGA INTERMEDIATE</b> DEB
12:00PM-12:45PM	12:00PM-1:00PM		12:00PM-1:00PM	12:00PM-12:45PM	12:00PM-1:00PM
SILVER SNEAKERS CLASSIC DEB	<b>WORLD DANCE</b> NOEL		<b>WORLD DANCE</b> NOEL	SILVER SNEAKERS CLASSIC DEB	<b>WORLD DANCE</b> NOEL
1:30PM-2:30PM	1:30PM-2:30PM	1:30PM-2:30PM	1:30PM-2:30PM		
<b>WORLD DANCE</b> NOEL	SILVER SNEAKERS CLASSIC NOEL	<b>WORLD DANCE</b> NOEL	SILVER SNEAKERS CLASSIC NOEL		
5:30PM-6:30PM		5:30PM-6:30PM			
<b>WORLD DANCE</b> NOEL		<b>WORLD DANCE</b> NOEL		<b>CLASSES MARKED WITH A \$ ARE SUBJECT TO SEPARATE FEES. ALL CLASSES REQUIRE EITHER A MEMBERSHIP OR DROP-IN PASS IN ORDER TO ATTEND.</b>	
<b>CARDIO SPIN</b> JESIEKA		<b>CARDIO SPIN</b> JESIEKA			

# Fitness Class Descriptions

**Silver Sneakers Classic**—Variety of exercises to increase muscular strength, range of movement and daily living activities. Hand-held weights, elastic tubing with handles and a SS ball offered for resistance. Chair available for needed support.

**Small Group Personal Training**—Bootcamp is circuit style training, modifiable for nearly all levels with the expert eye of a certified personal trainer. These are full body workouts with an emphasis on core strengthening, mobility enhancement and balance improvements. Using a combination of body weight, bands, dumbbells and barbells effectively achieving all your fitness goals.

**Weight Bar** — Strengthen all your major muscles in an inspiring, motivating group environment with this barbell program. With simple athletic movements such as squats, lunges, presses, and curls, this class is appropriate for all ages and fitness levels.

**Circuit** — Cardio, weight and core put together in a circuit training style format. Rotating through low to moderate intensity/impact. Incorporate a H.I.T. style format along with TRX suspension.

**Total Toning**—Challenging, fun, full body toning experience using a chair, hand weights, body weight, and mat work. Improves muscular strength, endurance, balance, flexibility, and coordination while keeping to the beat of the music.

**Total Body Sculpt**—Fast-paced class; challenges, motivates and utilizes a variety of total body strengthening in addition to core strengthening exercises and light cardio. Load-bearing exercises that produce stronger, leaner, and more flexible muscles.

**World Dance**—A one hour aerobic dance fitness class utilizing music, rhythms, and dance styles from Africa, India, Latin America, and all over the world. All levels welcome. Just have fun and move your body!

**Cardio Spin**—Fun, fast-paced workout. High-energy music and an energizing 60-minute workout.

**Gentle Yoga**— Perfect class for beginning students and those with movement, joint or balance challenges. We will work on poses that heal and nurture good body mechanics, good breathing habits, stretching the muscles of the shoulders and hips, and better balance.

**Yoga Intermediate**—(Not for beginners, aimed for stronger yoga students) Class starts with 5 minutes of pranayama (yogic breathing practice to strengthen and relax). Then moves on to a high energy flow of movement combined with the appropriate breath, called Surya namaskar or sun salutations. This includes forward and backward bends, standing and balance poses all taught with attention to alignment of the body. We finish the hour with challenging core work and seated and restorative poses.

**Silver Sneakers Splash** — A fun, shallow-water exercise class that uses a variety of equipment to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

**Water Exercise for Arthritis**—A warm-water exercise program shown to reduce joint pain and improve overall health by increasing strength and flexibility. This class will improve your day-to-day life and is suitable for every fitness level.

**Deep Water Aerobics**—Low-impact, fast-paced, cardiovascular workout. Utilizes buoyancy and resistance equipment using interval training and H.I.T. format.