



Group Fitness Schedule Effective September 7, 2021

Fall 2021	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
5:30am	BodyPump 55 (A) Heather	Cycle 45 (C) Allison	BodyCombat 45 (A) Amanda	SPRINT 30 (C) Carmen/Natasha	BodyPump 55 (A) Heather	Cycle 45 (C) Cindy	Athletic Circuit 45 (A) Cindy	GRIT 30 (B) Heather	BodyPump 55 (A) Heather	Cycle 45 (C) Cindy	7:15	GRIT 30 (B) Natasha	
				6:00 CORE (B) Carmen							7:30	BodyStep 30 (A) Sophie	
8:00am	CORE 30 (A) Natasha	Yoga 60 (B) Val	BodyPump 55 (A) Carol/Kelly	Gentle Yoga 60 (B) Steve	8:15 Cycle 45 (C) Hope		BodyPump 55 (A) Sophie	Barre (B) Natasha	CORE (A) Natasha	Yoga 60 (B) Gerry	8:10	BodyPump 55 (A) Sophie	
8:30am	BodyAttack30 (A) Natasha/Erika				8:45 TRX 30 Amy						CORE 30 (A) Carol		SPRINT 30 (C) Kelly/M
9:15am	BodyCombat 45 (A) Nicole	Cycle 45 (C) Hope	BodyStep 45 (A) Sophie	SPRINT 30 (C) Erika	BodyAttack 45 (A) Carol	BodyFlow 55 (B) Val	PureStrength 45 (A) Amy	BodyFlow 55 (B) Sophie	BodyCombat 45 (A) Erika	SPRINT 30 (C) Natasha	8:45	CORE 30 (B) Allison	
			Barre 45 (B) Amy								TRX 45 Hope		9:15
10:15am	BodyPump 55 (A) Jeremy/Sara	Vinyasa Yoga 60 Mishann	CORE 30 (A) Erika	Dance Fit 55 (B) Natalie	BodyPump 55 (A) Megha		GRIT 30 (A) Megha	CORE 30 (B) Amy	BodyPump 55 (A) Erika	BodyFlow 55 (B) Sophie	10:15	BodyAttack 45(A) Megha	BodyFlow 55 (B) Val
Sunday													
11:30	Active Living 45 (Gym) Hope *Starting 9/20*		Senior Boot Camp 45 (A) Natalie				Senior Boot Camp 45 (A) Hope		Active Living 45 (Gym) Natalie		9:15	Barre 45 (B) Kira	
12:30			BodyPump 45 (A) Carmen								11:00	Cycle 45 (C) Carmen	
5:00/5:15pm	5:15 Athletic Circuit 45 (A) Cindy		5:00 CORE 30 (A) Allison		5:00 Yoga 45 (B) Gerry		5:15 BodyPump 55 (A) Kelly				1:00	BodyPump 55 (A) Steve	
5:30pm	SPRINT 30 (C) Kelly		GRIT 30 (A) Nicole				CORE 30 (B) Kira		BodyPump 55 (A) Steve				
6:15pm	BodyPump 55 (A) Megha		Zumba 45 (A) Yoli	BodyFlow 45 (B) Nicole	BodyPump 55 (A) Nicole		BodyCombat 45(A) Amanda	BollyX 45 (B) Megha					
			Cycle 45 (C) Patti										
7:15pm	Karate Fitness 45 (B) Mike						BodyFlow 45 (B) Amanda						



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VINYASA YOGA: Power Vinyasa Flow Yoga - In this class you will synchronize breath with movement while building strength & flexibility in a fun atmosphere.

BASIC YOGA:** Basic and advanced yoga postures are progressively seamed together. (Family friendly – ages 10 and up)

YOGA:** Building from basic yoga, moving to more advanced postures and/or challenging posture combinations with postures held longer. (Family friendly – ages 10 and up)

GENTLE YOGA:** A soft flow and holding of yoga postures. (Family friendly – ages 10 and up)

Les Mills BODYFLOW** is the yoga-based class that will improve your mind, body and life. During BodyFlow, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors always provide options for those just getting started. (Family friendly – ages 10 and up)

CYCLE^^: A high-energy workout utilizing non-impact indoor stationary bikes, guided imagery, and carefully selected music to inspire you through a workout like no other. (Teen friendly – ages 14 & up)

Les Mills SPRINT^^: 30 Minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. In a short, intense style of training where the thrill and motivation comes from pushing your physical & mental limits. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. (Teen friendly – ages 14 and up)

Les Mills GRIT^^ 30 minute High Intensity Interval Training with 3 Modalities: Strength, Cardio and Athletic. Short, high bursts of energy with recovery time in between to accelerate fitness gains. Instructors use Floor Coaching to increase personal connection and hold participants accountable. NOT RECOMMENDED IF PREGNANT OR HIGH BLOOD PRESSURE. (Teen friendly – ages 14 and up)

Les Mills BODYCOMBAT** a high-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness burning up to 740 calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. (Family friendly – ages 10 and up)

Les Mills BODYATTACK** a high-energy class with moves for beginners to total addicts. Done in both impact and non-impact forms, we combine athletic movements like running, lunging and jumping, with strength exercises such as push-ups and squats burning tons of calories. (Family friendly – ages 10 and up)

Les Mills BODYSTEP^^ is simple to follow and athletic with burpees, push-ups, jumps and weighted plates along with energetic moves using the bench. (Teen friendly – ages 14 and up)

Les Mills CORE** works everything from your shoulders to your hips to give you the vital ingredients for a stronger body. All the moves in CORE have options, so it's challenging but achievable for your own level of fitness. Work with resistance bands and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises. (Family friendly – ages 10 and up)

Les Mills BODYPUMP^^ is for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more. (Teen friendly – ages 14 and up)

Pure Strength^^ This workout is all about increasing strength and endurance and building lean, strong muscles! We will be utilizing a barbell as well as other strength equipment to hit each muscle group and your core! (Teen friendly – ages 14 and up)

Barre** Set to upbeat music, this class starts with a warm-up and sequence of upper-body exercises using light free weights, bands, push-ups and planks moving into a series of ballet barre or floor exercises that focus on the thighs while gaining overall body strength and balance. (Family friendly – ages 10 and up)

Zumba** classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. (Family friendly – ages 10 and up)

BOLLYX** Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with music from around the world. (Family friendly – ages 10 and up)

Dance Fit** move your body to the music with a variety of dance styles, meant to lift your heart rate and have fun doing it! (Family friendly – ages 10 and up)

Senior Boot Camp An advanced level for Seniors, a modified bootcamp workout combining fun and fitness improving cardiovascular & muscular strength with a standing circuit workout. Options are always presented for all levels.

Active Living Geared toward seniors, this class uses chairs and stability balls to improve functional and core strength, balance, flexibility and drills to improve cognitive function.

Karate Fitness Take your fitness to a whole new level! Real martial arts-based kicks and punches in a drill-style format.

** This class is family-friendly! Kids ages 10 and up are welcome, accompanied by an adult.

^^ This class is teen-friendly! Teens ages 14 and up are welcome, accompanied by an adult.