

Group Exercise September 2020

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
	Bootcamp 🌿 5:45-6:30am H Fitness Staff (O)	Strength 5:45-6:30am L Fitness Staff (CT)	Spinning® 5:45-6:30am H Melissa B (SS)	Strength 🌿 5:45-6:30am L Fitness Staff (O)	Tabata, Abs & Stretch 5:45-6:30am M Fitness Staff (CT)	Sunshine Yoga 8:15-9:15am ♦ L Anita (LAR)
Yoga 11:00am-12:00pm ♦ L Lynn (LAR)	HIIT 🌿 7:00-7:45am M Fitness Staff (O)			Bootcamp 🌿 7:00-7:45am M Fitness Staff (O)		Spinning® 9:00-10:00am L Rotation (SS)
	Tabata & Abs 🌿 9:00-9:45am M Fitness Staff (O)	hipPOP Fitness® 9:30-10:30am M PD (LAR)	Butts & Guts 🌿 9:00-9:45am L Fitness Staff (O)	Arms & Abs 🌿 9:00-9:45am L Fitness Staff (O)	Strength 9:00-9:45am L Fitness Staff (LAR)	
<p>KEY:</p> <p>🌿 Class held at Township Building Park</p> <p>♦ Passholders ages 10+ are welcome with a parent or guardian.</p> <p>★ Family friendly! Ages 5+ are welcome with a parent or guardian.</p> <p>Ages 14+ may join all classes independently.</p> <p>L= Low Impact M= Moderate Impact H= High Impact</p>			Senior Strength 🌿 10:45-11:30am L Fitness Staff (O)		Senior Strength 10:45-11:30am L Fitness Staff (LAR)	
	Tabata & Abs 12:00-12:45pm H Fitness Staff (CT)	Zumba Gold® 12:00-1:00p ♦ M Patrice (LAR)	Spinning® 12:00-1:00pm L Gerri (SS)	Zumba Gold® 12:00-1:00p ♦ M Patrice (LAR)	Gentle Stretch 🌿 12:00-12:45pm ♦ L Fitness Staff (O)	<p>Where is each class located?</p> <p>LARGE AEROBICS ROOM (LAR)</p> <p>COURT (CT)</p> <p>SPINNING STUDIO (SS)</p> <p>🌿 OUTSIDE (O)</p> 
	Family Bootcamp 🌿★ 4:00-4:45pm Fitness Staff (O)	Kids Recess 🌿★ 4:00-4:45pm Fitness Staff (O)	Kids Bootcamp 🌿★ 4:00-4:45pm Fitness Staff (O)			
	Strength 🌿 5:00-5:45pm L Fitness Staff (O)	Tabata & Abs 🌿 5:00-5:45pm M Fitness Staff (O)	HIIT 🌿 5:00-5:45pm ♦ M Fitness Staff (O)			
	Movement & Meditation 🌿 6:00-7:00pm ♦ L Leslie (O)		Barre 5:30-6:00pm ♦ M Allyson (LAR)	Pilates 5:30-6:30pm ♦ M Lynn (LAR)		
	Cardio Spin® 6:15-7:15pm L Melissa G (SS)	Strength 🌿 6:15-7:00pm L Fitness Staff (O)	Arms & Abs 6:15-6:45pm ♦ M Allyson (LAR)	Spinning® 6:15-7:15pm L Melissa G (SS)		

Masks are required at all times during class.

**All classes listed are included in the membership. Spots limited to accommodate social distancing.
Spin Bike reservation opens 1 hour before class**

Class Descriptions and Weather Policy

Arms & Abs: Strength training class that will target your upper body and midsection with moves designed to tone and strengthen.

Barre: This combination of ballet-inspired low-weight resistance training and bodyweight work make for an intense, yet low-impact, toning workout.

Bootcamp: Classic calisthenics mixed with bodyweight strength exercises designed to develop speed, agility, and more.

Butts & Guts: Strength training class that will target your lower body and midsection with moves designed to tone and strengthen.

Cardio Spin®: Improve cardiovascular fitness while burning lots of calories. Perfect for those that are new to Spin.

Dance Fitness: Choreography is taught and repeated to maximize the burn. Dynamic tension will tone, define and shape your body.

Express Spin®: A 30-minute version of our Spinning® is a great way to get a vigorous workout without the impact of running or jumping.

Family Bootcamp: Improve your strength and stamina as a family! This fun workout consists of sports drills, jump rope, circuits, and interval training.

Family Zumba: Dance along to dynamic, exciting and FUN routines as a family! 15+ may attend with a parent.

Gentle Stretch: De-stress and restore with this low impact stretch series to promote flexibility and mobility designed for all levels

HIIT : High Intensity Interval Training. Expect a heart-racing, muscle burning challenge, all leading to the results you crave.

hipPOP Fitness® : a triple-threat dance, strength and yoga all in one class. Learn to dance like a POP star in minutes! This high energy, calorie-crushing workout will send your endorphin levels through the roof, leaving you feeling fierce, confident and strong.

Kids Bootcamp (Ages 5-10): Just like the adult version, kids perform a variety of timed exercises to increase strength, balance and cardiovascular endurance. Parent or guardian does not have to stay for the class but must remain in the building.

Kids Recess: Letting kids be kids! In this fun class, we will make working out fun with age appropriate fitness games and challenges

Meditation & Movement: Combine gentle stretching and yoga poses and close with meditation and relaxation to reduce stress and improve well-being.

Pilates: Increase your flexibility as you flow through a series of dynamic movements that restore balance to core muscles.

Spinning®: Pedal your way to excellent cardiovascular conditioning with a well-trained, certified Spinning instructor.

Senior Strength: Senior fitness class using TRX and weights to emphasize core stability, balance, and increase muscle strength.

Strength: Build strength, add definition, improve bone density, and decrease body fat by increasing your lean muscle.

Sunshine Yoga: Enjoy an align-and-flow class designed to wake you up and get you going and flowing into the rest of your day.

Tabata & Abs: This class combines tabata training with an ab finisher to help you get fitter, faster while also strengthen your core!

Vinyasa Yoga: Flow between poses, challenging your endurance, flexibility and strength. All levels are welcome!

Zumba® Gold: the Zumba® party you love at a slower pace with a focus on muscle conditioning and light weight activity.

Outdoor Class Weather Policy In the event of inclement weather, class will be live streamed via Zoom. *Meeting opens 5 minutes prior to start time*

Zoom Meeting ID: 884 9379 4410 Passcode: 403895

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