



Group Exercise January 2021



SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Tread & Shred 9:30-10:00am H Fitness Staff (CT)	Bootcamp 5:45-6:30am H Fitness Staff (CT)	Functional Fit 5:45-6:30am M Fitness Staff (CT)	HIIT 5:45-6:30am H Fitness Staff (CT)	Strength 5:45-6:30am M Fitness Staff (CT)	Tabata, Abs & Stretch 5:45-6:30am H Fitness Staff (CT)	Spinning® 9:00-10:00am L Rotation (SS)
Vinyasa Yoga 11:00am-12:00pm ◆ L Lynn (LAR)		Arms & Abs 7:30-8:00am M Fitness Staff (CT)		Butts & Guts 7:30-8:00am M Fitness Staff (CT)		Family Bootcamp* 9:30-10:00am H Fitness Staff (LAR)
Zumba® 12:15-1:15pm ◆ M Patrice (LAR)	Bootcamp 9:30-10:15am M Fitness Staff (LAR)	Strength 9:30-10:15am H Fitness Staff (LAR)	Functional Fit 9:30-10:15am M Fitness Staff (LAR)	Strength 9:30-10:15am M Fitness Staff (LAR)	Tabata & Abs 9:30-10:15am H Fitness Staff (LAR)	
<p>KEY:</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>	Chair Yoga 10:45-11:45am L Josie (LAR)		Senior Strength 10:45-11:30am L Fitness Staff (LAR)	Gentle Yoga 10:45-11:45am L Iris (LAR)	Senior Strength 10:45-11:30am L Fitness Staff (LAR)	<p>Where is each class located?</p> <p>LARGE AEROBICS ROOM (LAR)</p> <p>MIND BODY (MB)</p> <p>COURT (CT)</p> <p>SPINNING STUDIO (SS)</p>
	HIIT 12:00-12:30pm H Fitness Staff (CT)	Zumba Gold Toning® 12:00-1:00pm ◆ M Patrice (LAR)	Strength 12:00-12:45pm M Fitness Staff (CT)	Zumba Gold Toning® 12:00-1:00pm ◆ M Patrice (LAR)	Functional Fit 12:00-12:30pm L Fitness Staff (CT)	
			Family Bootcamp* 4:30-5:00pm M Fitness Staff (LAR)			
	Strength 5:00-5:45pm M Fitness Staff (CT)	Functional Fit 5:00-5:45pm M Fitness Staff (LAR)	HIIT 5:00-5:30pm H Fitness Staff (LAR)	Family Bootcamp* 5:00-5:30pm M Fitness Staff (LAR)		
		Yogilates 5:30-6:30pm ◆ M Lynn (MB)	Barre 5:30-6:00pm L Allyson (MB)	Spinning® 5:30-6:30pm L Melissa G (SS)	Tread & Shred 5:30-6:00pm H Fitness Staff (CT)	
	Aerobic Spin® 6:00-7:00pm L Melissa G (SS)		Arms & Abs 6:00-6:30pm L Allyson (MB)			

Masks are required at all times during class. All classes listed are included in the membership.

Spots limited to accommodate social distancing.

Reserve your spot using the MindBody Spa & Fitness App or website



Class Descriptions

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

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.

Chair Yoga: Traditional yoga poses adapted so that you can safely practice while seated or standing next to your chair for balance.

Family Bootcamp: Improve strength and stamina as a family! This fun workout consists of sports drills, jump rope, circuits, and interval training. 5+ may attend with a parent.

Functional Fit: The workout to help you live your best life. A true total body workout with focus on strength, light cardio and mobility.

Gentle Yoga: Relax and restore with this low impact yoga series to promote flexibility designed for all levels

HIIT: High Intensity Interval Training, this time based workout will get your heart racing and muscles working to improve conditioning

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.

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

Tread & Shred: The most effective 30 minutes of your day! Pair treadmill intervals with total body strength moves for an epic burn.

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

Yogilates: Get the benefits of both Yoga and Pilates as you flow through traditional Yoga poses while incorporating mat Pilates, too.

Zumba®: A total workout, combining all the elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and fun!

Zumba® Gold-Toning: The Zumba® party you love at a slower pace with a focus on muscle conditioning and light weight activity using maraca-like Toning Sticks.

Masks are required at all times during class. All classes listed are included in the membership.

Spots limited to accommodate social distancing.

Reserve your spot using the MindBody Spa & Fitness App or website

