

June-August 2021

Group Exercise Schedule

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Strength & Mobility 9:30-10:15am L Fitness Staff (CT)	Arms & Abs 5:45-6:30am M Fitness Staff (CT)	Cardio Core 5:45-6:30am H Fitness Staff (CT)	Butts & Guts 5:45-6:30am M Fitness Staff (CT)	Met Con 5:45-6:30am H Fitness Staff (CT)	Functional Movement 5:45-6:30am L Fitness Staff (CT)	Sunrise Yoga 8:30-9:30am L Lynn (MB)
Vinyasa Yoga 11:00am-12:00pm L Lynn (MB)	Cardio Core 9:30-10:15am H Fitness Staff (MB)	Arms & Abs 8:45-9:15am M Julie (LAR)	Strength & Mobility 9:30-10:15am L Fitness Staff (LAR)		Cardio Splash 9:30-10:15am L Fitness Staff (Pool)	Spinning® 9:00-10:00am L Rotation (SS)
Zumba Gold® 12:15-1:15pm M Patrice (LAR)		Express Spin 9:30-10:00 am L Julie (SS)		Spin and Stretch 9:30-10:30am L Julie (SS)		Total Body Conditioning 9:30-10:15am M Fitness Staff (CT)
<p>In order to avoid class disruptions, please arrive 5 minutes prior to the start of class.</p> <p>Masks are <u>NOT</u> required for fully vaccinated individuals.</p> <p>Classes will be held at full capacity.</p>	Chair Yoga 10:45-11:45am L Julie (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>KEY/LEGEND:</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> <p>MB= MINDBODY ROOM CT= COURT SS= SPINNING STUDIO LAR= LARGE AEROBICS ROOM</p>
	Functional Movement 12:00-12:45pm L Fitness Staff (CT)	Zumba Gold Toning® 12:00-1:00pm L Patrice (LAR)		Zumba Gold Toning® 12:00-1:00pm L Patrice (LAR)	Strength & Mobility 12:00-12:45pm L Fitness Staff (CT)	
	Strength & Mobility 5:00-5:45pm L Fitness Staff (CT)	★ Families in Motion 5:00-5:45pm M Fitness Staff (LAR)	Arms & Abs 5:00-5:30pm M Fitness Staff (MB)		Yin Yoga 5:00-6:00pm L Josie/Julie (MB)	
	Movement & Meditation 6:00-7:00pm L Leslie (MB)	Yogilates 5:30-6:30pm M Lynn (MB)	Butts & Guts 5:30-6:00pm M Fitness Staff (MB)	Met Con 5:00-5:45pm H Fitness Staff (CT)	★ Families in Motion 5:30-6:15pm H Fitness Staff (CT)	
	Aerobic Spin® 6:00-7:00pm L Paula (SS)	Total Body Conditioning 6:00-6:45pm H Fitness Staff (LAR)				



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



GROUP EXERCISE CLASS DESCRIPTIONS

All classes are easily modified for all levels! Our highly qualified instructors ensure an athlete and a grandparent can both have a safe, effective workout in the same class!

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.

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

Cardio Core: Interval-based full-body cardio training focused on short bursts of intense work. Moderate to high impact exercises focus on aerobic and anaerobic fitness for max results. Finish the class with core-based conditioning focused on abdomen and back strength and stretching.

Cardio Splash: Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

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

Families in Motion: A fun, boot camp-style class for the whole family that combines a healthy warm-up with cardio, strength, and flexibility activities.

Functional Movement: Low impact class targeting the full body for better stability, posture, and everyday function. Stretching and foam rolling will be incorporated.

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

Metabolic Conditioning (Met Con): This high-energy class combines athletic aerobic movements with strength and stabilization exercises.

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

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

Spin and Stretch: Pedal your way to excellent cardiovascular conditioning and finish class with added mobility exercises to maintain flexibility.

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

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

Total Body Conditioning: This class provides high energy cardio and strength training to bring you a full body workout.

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

Yin Yoga: Targets the connective tissues by holding poses for a longer time with the goal of increasing circulation, flexibility, and range of motion. Please bring a blanket or beach towel along with layered clothing for your comfort.

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

Zumba® Gold: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

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