

# September-October 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)	Total Body Conditioning 5:45-6:30am H Fitness Staff (CT)	Spinning® 5:45-6:30am L Melissa B (SS)	Met Con 5:45-6:30am H Fitness Staff (CT)	Balance, Core & More 5:45-6:30am L Fitness Staff (CT)	Sunrise Yoga 8:30-9:30am L Lynn (MB)
Cardio Core 10:30-11:15am H Fitness Staff (CT)		Arms & Abs 8:45-9:15am M Fitness Staff (LAR)		Butts & Guts 8:45-9:15am M Fitness Staff (CT)		Spinning® 9:00-10:00am L Rotation (SS)
Vinyasa Yoga 11:00am-12:00pm L Lynn (MB)	Total Body Conditioning 9:30-10:15am H Fitness Staff (LAR)	Tempo Spin® 9:30-10:30am L Julie (SS)	Strength & Mobility 9:30-10:15am L Fitness Staff (LAR)	Mix Spin® 9:30-10:30am L Julie (SS)	Octagon Express 9:30-10:15am M Fitness Staff (FC)	Total Body Conditioning 9:30-10:15am M Fitness Staff (CT)
Zumba Gold® 12:15-1:15pm L Patrice (LAR)	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 (MB)	Senior Strength 10:45-11:30am L Fitness Staff (LAR)	<b>KEY/LEGEND:</b>  Ages 14+ may join all classes independently.  L= Low Impact M= Moderate Impact H= High Impact  <b>MB= MINDBODY ROOM</b> <b>CT= COURT</b> <b>FC= FITNESS CENTER</b> <b>SS= SPINNING STUDIO</b>  <b>LAR= LARGE AEROBICS ROOM</b>
<b>In order to avoid class disruptions, please arrive 5 minutes prior to the start of class.</b>  <b>Masks are required at all times during class regardless of vaccination status</b>	Octagon Express 12:00-12:45pm M Fitness Staff (FC)	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)	Kettlebell Bootcamp 5:00-5:45pm H Fitness Staff (LAR)	Arms & Abs 5:00-5:30pm L Fitness Staff (CT)	Balance, Core & More 5:00-5:45pm M Fitness Staff (CT)	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 L Fitness Staff (CT)	Spinning® 6:00-7:00pm L Rotating(SS)	Octagon Express 5:00-5:45pm M Fitness Staff (FC)	
	Aerobic Spin® 6:00-7:00pm L Rotating (SS)		Zumba® 6:15-7:15pm M Nicole (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.

**Balance, Core, & More:** This class focuses on improving balance and core activation through a variety of dynamic and strength exercises.

**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 and core training focused on short bursts of intense work.

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

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

**Kettlebell Bootcamp:** This fun, heart-pumping workout integrates kettlebell weights in both traditional and non-traditional ways for an effective full-body workout.

**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.

**Mix Spin:** Each class brings different formats based on heart rate, cadence, climbs, and sprints that will keep you guessing what comes next.

**Octagon Express:** Trainer-led, high energy functional circuit training using the equipment on the Octagon frame.

**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.

**Tempo Spin:** Let the music take control! This high-paced rhythm ride will be cadenced by the tempo of great tunes that'll keep you moving!

**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®:** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**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.