












# Group Exercise Schedule

Effective March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45 <b>LES MILLS</b> <b>BODYPUMP</b> Theresa	6:00 - 6:55 Cycle  Betty	5:45 - 6:45 TBC Larisa	6:00 - 6:55 Cardio TBC Larisa	8:00 - 8:55 Stott Pilates Jill (2)	8:00 - 8:55 Step Steve S.
8:30 - 9:25 Barre Kathy			8:00 - 9:00 Zumba Gold Gina Donovan	8:30 - 9:25 Stott Pilates Jill (2)	8:00 - 8:55 Cycle  Larisa	
8:30 - 10:00 Yoga Meredith (2)	8:45 - 9:55 Cardio Circuit Jen	8:30 - 9:25 <b>LES MILLS</b> <b>BODYPUMP</b> Sharon	8:30 - 9:25 Yoga Meredith (2)	9:00 - 10:00 Cycle  Sharon	9:00 - 9:55 <b>LES MILLS</b> <b>BODYPUMP</b> Sharon	9:00 - 10:00 Cycle  Stephanie
9:30 - 10:25 Cycle HIIT  Nia	9:30 - 10:25 Yin Yoga (2) Meredith	9:30 - 10:25 Zumba Gina Donovan	9:00 - 9:30 Tabata Sharon	9:45 - 11:00 Svaroopaa Yoga(\$\$) Nirooshi	10:00 - 11:00 Zumba Karla	10:00 - 11:00 Yogalates Larisa
9:30 - 10:25 <b>LES MILLS</b> <b>BODYPUMP</b> Mari	10:00 - 10:55 Senior Fitness Jen	9:30 - 10:25 Cycle  Meredith	9:30 - 9:55 Core Sharon			12:45 - 1:45 FITKIDS Boxing (ages 10 - 15) Doug
10:30 - 11:25 Senior Fitness Jen		10:30 - 11:25 Senior Strength & Balance Meredith	10:30 - 11:25 Senior Strength Kris	10:30 - 11:25 Senior Fitness Kris		
6:00 - 6:55 Barre Heather		6:00 - 6:55 BARRE Robin		6:00 - 6:30 Cycle  Tony		
6:30 - 7:25 Boxing (FR) Doug	6:00 - 6:55 Yoga Larisa(2)		6:00 - 7:00 TBC Heather	6:35 - 7:20 <b>LES MILLS</b> <b>BODYPUMP</b> Tony		

<b>6:15 - 7:00</b> <b>Cycle</b>  Jackie	<b>6:00 - 6:50</b> <b>Cycle</b>  Deb	<b>6:00 - 6:50</b> <b>Cycle</b>  Jamie	<b>6:15 - 7</b> <b>Cycle</b>  Robin	<b>6:30 - 7:30</b> <b>Yoga</b> MaryEllen/ Kathy (2)		
<b>7:00 - 8:00</b> <b>Zumba</b> Kathy F.	<b>7:00-8:00</b> <b>Cardio</b> <b>Fusion</b> Steve	<b>7:00 - 8:00</b> <b>LES MILLS</b> <b>BODYPUMP</b> Tatiane	<b>7:00 - 8:00</b> <b>Zumba</b> Jessica			

## Group Exercise Class Descriptions

**Boot Camp** - A fun, fast paced workout with intervals of cardio, muscle and core conditioning drills using free weights, tubing, body bars, steps and stability balls.

**Barre** - A unique, high energy/no impact class that combines ballet barre work and light weights to strengthen and lengthen the muscles of the butt, legs, torso and arms. This class is perfect for all fitness levels!

**BARRElates** - Traditional Barre class with an additional circuit of mat exercises.

**Cardio Circuit** - This class offers stations of cardio, strength, plyometric, functional and core training.

**Cardio TBC** - (TOTAL BODY CONDITIONING) A head-to-toe cardio, strength and toning workout achieved through high repetition exercises that incorporate body bars, dumbbells and more!

**Cardio Fusion** - High Energy hybrid of cardio formats that will keep you challenged from start to finish. 30 min of step and 30 min of traditional aerobic for a great steady state cardio workout.

**Core** - Walk taller, feel stronger! This class is designed to build your core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Class may use a variety of equipment for optimal results. Suitable for all levels.

**Cycle** - Our Indoor Cycle classes are challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories! Cycle is a low impact class suitable for most people and can accommodate all levels of fitness.

**Virtual Cycle** - Our virtual cycle class will immerse you in a true real ride virtual experience. This experience will help you stay more focused, resulting in a more challenging, stimulating and satisfying workout. Virtual rides feature a large video projected on a screen and allows you to experience a mixture of trails, paved & dirt roads along some of the most stunning scenery in North America and Canada.

**Boxing** - Punch your way into the latest fitness trend. Boxing is an energizing class that uses techniques from boxing and martial arts to increase muscular strength, coordination and balance. Heavy Bags and gloves may be used. All levels of fitness welcome and no experience needed!

**FitKids Boxing** - ages 10 - 15

**LES MILLS BODYPUMP™** is a barbell workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

**Stott Pilates** - Develop your core strength while sculpting long lean muscle to achieve whole-body fitness. Improve your flexibility, posture and body alignment via a series of mat exercises. Pilates Rings, Rollers and balls may be used.

**Beginner Pilates** - perfect for those just starting an exercise program or new to Pilates. A great class for all levels to focus on fundamentals.

**Senior Fitness - Aerobics** - Fun and easy to follow low impact moves to improve and maintain cardiovascular fitness. Light dumbbells will be used to increase bone density and increase muscular endurance. Perfect for seniors or those just starting an exercise program.

**Senior Strength & Balance** is designed to help improve and maintain strength, flexibility, and balance.

**Senior Strength** - Focus on building and maintaining overall strength with the use of light dumbbells, resistance bands and body weight.

**Step** - A classic high energy step class with varying levels of intensity. Involves stepping up and down on an adjustable platform to increase cardiovascular and muscular endurance.

**Tabata/HIIT** - Features intervals of extreme exercise, followed by rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

**TBC** - (TOTAL BODY CONDITIONING) A head-to-toe strength and toning workout achieved through high repetition exercises that incorporate body bars, barbells, dumbbells and more!

**Yoga** - A Hatha style yoga class using breathe with movement to awaken the body with postures to build strength and balance. Beginners to more advanced students are welcome.

**YinYoga** - Class will focus on core, alignment, overall strength and breathing/meditation.

**Yogalates** - Combines yoga and pilates, emphasizing strengthening of the core.

**Zumba** - A fusion of Latin and International music/dance themes creating a dynamic, exciting, effective fitness workout! The routines feature simple, easy to follow, repetitive dance steps, aerobic/fitness interval training that tone and sculpt the body.

**Zumba Gold** - Zumba Gold is a dance fitness program for active older adults, beginners, those who are not used to exercising, and those who may be limited physically. Zumba® Gold recreates the original moves you love at a lower intensity. It incorporates easy-to-follow Zumba® choreography that focuses on balance, strength, range of motion and coordination.

**STRONG by Zumba™** is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. In a STRONG by Zumba™ class, music is the key element. You will LOVE this class!