












Group Exercise Schedule

Effective June 10, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 – 6:45 LES MILLS BODYPUMP Theresa	6:00 – 6:55 Cycle  Betty	6:00 – 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 LES MILLS BODYPUMP Mari	8:30 – 9:25 Yoga Meredith (2)	9:00 – 10:00 Cycle  Sharon	9:00 – 9:55 Yoga Sculpt Carrie	9:00 – 10:00 Cycle  Stephanie
9:30 – 10:25 Cycle  Nia		9:30 – 10:25 Zumba Gina Donovan	9:00 – 9:30 Tabata Jeanine	9:30 – 10:25 Cardio TBC Jeanine	10:00 – 11:00 Zumba Karla	10:00 – 11:00 Yogalates Larisa
9:30 – 10:25 LES MILLS BODYPUMP Mari		9:30 – 10:25 Cycle  Meredith	9:30 – 9:55 Core Jeanine	9:45 – 11:00 Svaroopa Yoga(\$) Nirooshi		12:45 – 1:45 FITKIDS Boxing (ages 10 – 15) Doug
10:30 – 11:25 Lo Impact Gold Jen	10:00 – 10:55 Lo Impact Gold Jen	10:30 – 11:25 Strength & Balance Gold Meredith	10:30 – 11:25 Strength Gold Kris	10:30 – 11:25 Lo Impact Gold 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 LES MILLS BODYPUMP Tony		
6:15 – 7:00 Cycle  Sharon	6:00 – 6:50 Cycle  Deb	6:00 – 6:50 Cycle  Jamie	6:15 – 7 Cycle  Robin	6:30 – 7:30 Yoga MaryEllen/Kathy (2)		
7:00 – 8:00 Zumba Kathy F.	7:00-8:00 Cardio Fusion Steve	7:00 – 8:00 LES MILLS BODYPUMP Tatiane	7:00 – 8:00 Zumba Jessica			

Group Exercise Class Descriptions

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!

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 - This high intensity class utilizes the traditional boxing format and will challenge even the best athletes. The class focuses on boxing technique, including punch combinations, defensive drills, footwork and focus mitts. You will have fun, get a great workout, plus develop some important self-defense skills. (ages 10 – 15)

GOLD – Specially designed for our active older adults in their golden years!

Lo Impact - 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.

Strength & Balance - Designed to help improve and maintain strength, flexibility, and balance.

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

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.

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 - 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.

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

Yoga Sculpt *NEW* - This is not your typical yoga class! This is where muscle meets yoga and provides a strong focus on strength to intensify each yoga pose. Boost metabolism and build lean muscle mass by using a combination of weights, cardio and strength training exercises like squats, lunges and bicep curls.

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.