



# Group Exercise Class Schedule

Effective Sept 5, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am <b>Barre</b> Kathy		6am <b>Cycle/Core</b> Stephanie		6am <b>Cycle/HIIT</b> Stephanie		
	10am <b>Lo Impact Strength</b> Kris	9am <b>Functional Strength/Stretch</b> Kathy <i>Every other week</i>		9am <b>Tabata</b> Jeanine	9am <b>Step N' Sculpt</b> Steve	8am <b>Cycle/Core</b> Stephanie <i>Poolside</i> <i>Weather permitting</i>
6pm <b>Tabata</b> Jeanine			10am <b>Lo Impact Strength</b> Kris	10am <b>Zumba GOLD</b> YC	10:15am <b>Lengthen &amp; Strengthen</b> Leslii (upstairs studio)	
7pm <b>Vinyasa Yoga Flow</b> Leslii (upstairs studio)	6pm <b>Barbell Power</b> Heather	6pm <b>Bootcamp</b> Heather	6pm <b>Powerlates</b> Christine T			

Pre-Registration is required for all classes and can be done on the Wayside APP, 7 days in advance.

Classes must have a minimum of 5 participants.

**All classes are subject to change. Please check the APP for any updates on classes and substitutes.**

## Group Exercise Class Descriptions:

**BARBELL POWER** – Get strong, lean and toned muscles using simple yet challenging strength training exercises utilizing barbells. Barbell weight can be adjusted to suit men and women of all fitness levels.

**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!

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

**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.

**CYCLE/CORE** - Class will end with 10 minutes of core strength and conditioning exercises.

**CYCLE/HIIT** - 30 minutes of CYCLE and 30 minutes of HIIT training using weights and body weight exercises.

**FUNCTIONAL STRENGTH/STRETCH** - This class uses dynamic functional movement to work through the whole body and create more functional strength, flexibility, coordination, mobility, and stability.

**LO IMPACT STRENGTH** - Fun and easy to follow moves to improve and maintain cardiovascular fitness. Light dumbbells, bands, balls may be used to increase bone density and increase muscular endurance.

**POWERLATES** - High Intensity Interval Training (HIIT) meets Yoga and Pilates! Build endurance while sculpting a long lean body. Focus on cardio, strengthening the core and increasing flexibility in this interval style class

**STEP N' SCULPT** - A fun, high-energy workout that will burn fat, build cardio endurance and muscular strength. Whether you are new to step or a veteran stepper, this workout is for you. An exciting and challenging workout because it combines familiar step choreography with fresh, new, creative steps!

**TABATA** - Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. Class will end with 15 minutes of core work. 45 minute class.

**VINYASA YOGA** - Relax and move with dynamic breaths. Challenge your body and mind in this great class. Soft music will help you stretch, strengthen, and invigorate the mind, body, and soul. Leslii uses myofascial release balls in this class to help release stress and tension within the body. Practice at your own pace, we are all built differently. Great for all levels.

**LENGTHEN & STRENGTHEN - *Yoga/Resistance/Myofascial Release*** -A new way to sculpt and shape your body! This new approach to strength building combines unique body-weight and resistance training exercises with traditional yoga practices. A fresh take on endurance and strength workouts. Body sculpting with yoga represents the next step forward for reaching your physical peak.

**ZUMBA GOLD** - This class features simple, easy to follow, repetitive dance steps, set to Latin/International music and geared to the active older adult.