



# GROUP EXERCISE CLASS SCHEDULE

## Effective May 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:30am</b> <b>Barre</b> Kathy	<b>10am</b> <b>Zumba Gold</b> YC	<b>6am</b> <b>Cycle/Core</b> Stephanie  <b>9am</b> <b>Functional</b> <b>Strength/Stretch</b> Kathy <i>Every other week</i> <i>starting 5/18</i>	<b>10am</b> <b>Lo Impact</b> <b>Strength</b> Kris  <b>6pm</b> <b>Barre</b> <b>Strength</b> Heather	<b>6am</b> <b>CYCLE/HIIT</b> Stephanie  <b>9:30am</b> <b>SGT (\$)</b> <b>Performance</b> <b>Center</b> Jeanine	<b>11am</b> <b>Cardio Boxing</b> <b>(\$)</b> <b>Performance</b> <b>Center</b> Doug	<b>8-9am</b> <b>Cycle/Core</b> Stephanie
<b>6 pm</b> <b>Barbell</b> <b>Power</b> Heather	<b>6pm</b> <b>Cycle</b> Deb	<b>5:30pm</b> <b>Bootcamp</b> Heather	<b>7pm</b> <b>Cycle</b> Deb			

Pre-Registration is required for all classes and can be done on our new Wayside APP, 7 days in advance.  
All classes are subject to change. Please check the APP for any changes in 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** - 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 15 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.

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

### **PERFORMANCE CENTER CLASSES (\$)**

Small group classes (max of 8 participants) which allows the trainer to tailor the workout and give personal attention to all attending.

**SMALL GROUP TRAINING (SGT)** Each class is designed to be a total-body training session that will take you to the next level. Increase your strength and cardio fitness in this 45 minutes to get the results you strive for!

**CARDIO BOXING** - Train like a champ! A high intensity class that will challenge even the best athletes. Learn punch combinations, defense drills in circuit format.