

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Steppin' Up 9:00-10:00 AM <i>Melanie</i>	Silver Sneakers Classic 9:00-9:50 AM <i>Jan A.</i>	Zumba Gold 8:00-8:50 AM <i>Nayda</i>	Zumba Toning 8:00-8:50 AM <i>Nayda</i>	Ballet Barre 9:15-10:00 AM (\$5 Drop-In Fee)	Cycle 8:00-9:00 AM <i>Misty</i>
Fit Forever 10:15-11:15 AM <i>Linda</i>	Chair Yoga 10:00-10:50 AM <i>Jan A.</i>	Steppin' Up 9:00-10:00 AM <i>Melanie</i>	Silver Sneakers Circuit 9:00-9:50 AM <i>Jan A.</i>	Fit Forever 10:15-11:15 AM <i>Dina</i>	Steppin' Up 9:00-10:00 AM <i>Melanie</i>
Gentle Yoga 4:15-5:15 PM <i>Jan K.</i>	Silver Sneakers Circuit 11:00-11:50 AM <i>Jan A.</i>	Fit Forever 10:15-11:15 AM <i>Jan A.</i>	Chair Yoga 10:00-10:50 AM <i>Jan A.</i>		Core & More 10:00-10:30 AM <i>Melanie</i>
PiYo 5:30-6:30 PM <i>Shannon</i>	Zumba 5:15-6:15 PM <i>Nayda</i>	Gentle Yoga 5:30-6:30 PM <i>Tiya</i>	Silver Sneakers Classic 11:00-11:50 AM <i>Jan A.</i>		
Zumba Step 6:30-7:30 PM <i>Nayda</i>	Ultimate Burn 6:30-7:15 PM <i>Dina</i>	Cardio Belly Dance 6:30-7:15 PM (\$5 Drop-In Fee)	FIT 5:15-6:15 PM <i>Dina</i>		
			Ultimate Burn 6:30-7:15 PM <i>Dina</i>		

- Group Fitness classes are included in annual and monthly memberships.
One time class passes are \$5 per class.
 - Cardio Belly Dance and Ballet Barre are \$5 per class in addition to annual or monthly membership.
 - All group fitness classes are open to any fitness level. Some classes are designed as more advanced than others, but available to any fitness level to attend. Please notify the instructor before class begins that you are a first time attendee so they can help you adjust to the class accordingly.

Group Fitness Class Descriptions

Cardio Cycle: Ride indoors. This class will get your legs moving and your energy level up. Includes climbs, sprints, and lots of fun!

Chair Yoga: Chair yoga adapts traditional yoga positions and poses by using a chair as needed by each individual. It is suitable for most ages, fitness levels, and physical conditions.

Core & More: Compliment your existing training with specific core conditioning to strengthen abdominal, back, and arm muscles.

FIT: A total body group fitness class with cardio and strength intervals utilizing a variety of equipment to burn calories, increase strength, and get FIT!

Fit Forever: A senior based class that focuses on strength, endurance, and flexibility. Work out with friends and meet lots of new ones.

Gentle Yoga: Focus on improving your balance and flexibility while lowering your stress level. This class is great for beginners.

PiYo: The perfect blend of Pilates/Yoga, sports stretch, dance stretch, athletics, and more. This is a stretch workout for those who want more than just flexibility; they want to burn calories and build muscle. This dynamic fusion workout is easy on the joints while delivering strength, balance, agility, and flexibility in one unique calorie burning workout.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers Circuit: The Silver Sneakers Circuit offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of the individual participants.

Steppin Up: It's your first step to a better body! Build stamina and burn fat through varied athletic and dance based aerobic routines using an adjustable platform.

Ultimate Burn: Get a total body workout by combining cardio, strength and flexibility in one great class to really feel the burn!

Zumba: High energy and motivating music plus fun and exciting moves equals a fantastic group workout experience.

Zumba Gold: An easy to follow class that lets you move to the beat at your own speed. Zumba Gold provides modified low-impact moves for active older adults

Zumba Step: Combining the power of Step class with the fun filled fitness party of Zumba!

Zumba Toning: This class is for those who want to Zumba party but put extra emphasis on toning and sculpting to define those muscles!

- **Classes are subject to change due to class attendance and instructor availability.**
- **Please bring a form of hydration with you while participating in group fitness classes. It is very important to keep your body hydrated during physical fitness activities.**