

Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30-6:30 Body Flex (K) Ginny		5:30-6:30 Body Flex (K) Ginny		7:45-8:45 Flow Yoga (A) Andrea
			5:45-6:45 Core Align. (A) Margot		5:45-6:45 Core Align. (A) Margot		8:15-9:15 Body Flex (K) Lori
			6:30-7:15 Jump Start (East Gym) Suzi		6:30-7:15 Jump Start (East Gym) Suzi		
		9:15-10:30 Step & Sculpt (A) Debbi	9:20-10:05 Pilates (A) Mary	9:30-10:30 Step (A) Nikki	9:20-10:05 Pilates (A) Mary	9:30-10:30 Step (A) Nikki	9:00-10:15 Step Combo (A) Jeaninne/Nikki
		10:35-11:30 Low Impact (A) Mary	10:15-11:15 Body Flex (K) Dawneka	10:35-11:30 Low Impact (A) Mary	10:15-11:15 Body Flex (K) Dawneka	10:35-11:30 Low Impact (A) Mary	10:30-11:30 Zumba (A) Amber
			10:15-11:15 Simple Circuit (Mo) Becky		10:15-11:15 Simple Circuit (Mo) Becky		
			10:30-11:15 Silver & Fit (A) Mary		10:30-11:15 Silver & Fit (A) Mary		
PM		12:00-1:00 Zumba (A) Andrea	12:00-1:00 Interval Step (A) Tina	12:00-1:00 Zumba (A) Andrea	12:00-1:00 Interval Step (A) Tina	12:00-1:00 Zumba (A) Andrea	
		12:00-1:00 Body Flex (K) James	12:00-1:00 (K) Nia Sherry	12:00-1:00 Body Flex (K) Tina	12:00-1:00 (K) Nia Sherry	12:00-1:00 Body Flex (K) Tina	
	2:00-3:00 Zumba (A) Tina	12:05-12:55 Flow Yoga (M) Theresa		12:05-12:55 Flow Yoga (M) Theresa		12:05-12:55 Hatha Yoga (M) Karin	
	2:00-3:00 Kids Zumba (K) James	4:30-5:15 Pilates (A) Theresa	4:30-5:15 Tai Chi (A) Fenny	4:30-5:15 Pilates (A) Theresa	4:30-5:15 Tai Chi (A) Fenny	4:30-5:30 Pi-Yoga (A) Karen	
		5:30-6:25 Cardio Step (A) Tara	5:30-6:30 Zumba (A) Amber	5:30-6:25 Cardio Step (A) Nikki	5:30-6:30 Zumba (A) Amber	5:30-6:15 Family Zumba (A) Tina/James	
		5:30-6:30 Circuit (Mo) Sarah	6:00-7:00 Circuit (Mo) Andrea	5:30-6:30 Circuit (Mo) Sarah	6:00-7:00 Circuit (Mo) Andrea		
		6:30-7:30 Kickbox/Sculpt (A)Shanna	6:35-7:30 Pilates (A)	6:30-7:30 Kickbox/Sculpt (A)Shanna	6:35-7:35 Pilates (A) Jenny	6:30-7:30 Kickbox/Sculpt (A)Shanna	
			7:35-8:35 Flow Yoga (A) Fenny		7:35-8:35 Flow Yoga (A) Fenny		
Location Code: A- Anderson Room K- Kells Room M- Mat Room MO- Moore Room							

Cycling Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Karen		Jenny		Karen	
9:15 AM							Tiffany U
10:15 AM		Tina		Tina			
12:00 PM		Lynnette	Beth	Benji	Jessica	Benji	
5:30 PM		Shanna	Tiffany W	Tiffani U	Tiffani W	Shanna	

Zumba Kids

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:00-4:25 Kids Zumba (A) Holly		4:00-4:25 Kids Zumba (A) Tina/James			

Group Fitness Class Descriptions

Body Flex: Using traditional weight training techniques set to music, this class enables you to achieve extra muscle tone to help re-shape your body, increase strength, flexibility, endurance and bone density.

Kickbox/Sculpt: This class will keep your body guessing! Changing it up is the class motto. Be prepared to work out in any aerobics style from floor to step to interval drills.

Circuit: A fast paced full body workout! Be ready to move from one exercise to the next – you may start with lifting weight on circuit equipment and then shift to quick bursts of cardio. Bring a towel, you'll need it!

Core Alignment: Focusing on core stability, postural alignment, stretching and strengthening, this class is designed to improve structural and mechanical function, returning the body to efficient functioning position.

Cycling: A 45 minute moderate to high-intensity non-impact cardiovascular workout using road cycle techniques and philosophies on specially designed bikes. Please show up early for seat adjustments and instruction. A towel and water are a must!

Flow Yoga: Learn the graceful, peaceful Vinyasa style (flow) poses in this class. Attention to detail and the meditative flow can allow the joints and muscles to release tension and create a state of deep relaxation.

Hatha Yoga: Emphasizes undoing tension in the body and deepening the sense of the spine. The postures unfold from increased movement and support at the core.

Interval Step: A 60 minute class that has it all: step aerobics and sport drills for cardiovascular conditioning, lower and upper body sculpting, weights and resistance bands. The class also frequently features abdominal work and stretching.

Interval Power: This class has a variety of intervals to keep your body guessing: cardio spikes and head to toe sculpting with step, fitness balls, and more!

Jump Start: A fun high-energy class that uses jump ropes to challenge all fitness levels.

Low Impact Aerobics: Movements involve large muscle groups used in continuous rhythmic activity in which at least one foot is in contact with the floor at all times.

Pilates: Focusing on core stability and postural alignment, Pilates offers exercises to improve strength and mobility. Pilates may be used for corrective and preventative postural purposes in today's hectic lifestyle.

Simple Circuit: A circuit class perfect for those new to lifting weights or those in need of modifications due to aging or medical reasons.

Step Aerobics: A fun high-energy class that uses varied choreography on the step bench to rev you up and make you sweat! May be challenging to the beginner, but don't be daunted. Allow yourself two or three weeks to learn the steps.

Step and Sculpt: Step aerobics with a segment of lower and upper body sculpting with tubing and dumbbells.

Step Combo: A 75 minute class that offers some of everything: high or low impact moves on the floor, a variety of choreography moves on the step bench, lower and upper body sculpting, weights and resistance bands. This class also includes floor work for those hard to tone areas and abdominal exercises to finish.

Tai – Chi: An ancient internal martial art, best described as a moving combination of yoga and meditation. Tai Chi can be practiced for health and relaxation, and is ultimately an excellent form of self-defense.

Zumba: It's so much fun you won't realize you're exercising! Get in shape and have fun in this class featuring Latin music and moves set to an international beat.