



GROUP EXERCISE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spin and Circuit Training require pre-registration up to 2 days in advance.

(S) Class is held in Spin Room

MONDAY:

5:45am	Express Spin (S)	Darci
8:30 am	HIIT	Andrea
9:30 am	Cardio & Strength	Andrea
10:15 am	Stretch & Balance	Gina
6:00 pm	Cardio & Strength	Annie
6:00pm	Circuit Training (S)	Andrea
7:00 pm	Barre	Amy

TUESDAY:

6:00 am	TRX (Begins 3/2)(S)	Joanne
8:30 am	Cardio Spin (S)	Dawn
9:30 am	Adult Fitness	Andrea
10:30 am	Gentle Yoga	Kat
5:45 pm	Pilates	Deb
6:35 pm	Express Spin (S) (30 min)	Darci
6:45 pm	Restorative Yoga	Pat

WEDNESDAY:

8:00 am	Yoga (S)	Pat
8:30 am	HIIT	Andrea
9:30 am	Cardio & Strength	Andrea
9:30 am	Easy Rider Spin (S) (30 min)	Deb
10:15am	Chair Yoga	Barbara
6:00 pm	Cardio & Strength	Annie
6:00pm	Circuit Training (S)	Andrea
7:00pm	Barre	Amy

THURSDAY:

6:00 am	TRX (Begins 3/2)(S)	Joanne
8:15 am	Barre	Amy
8:30 am	Cardio Spin (S)	Dawn
9:30 am	Adult Fitness	Andrea
10:30 am	Gentle Yoga	Barbara
5:45 pm	Pilates	Deb
6:35 pm	Express Spin (S) (30min)	Darci
6:35pm	SHiNE Dance Fitness	AnnMarie

FRIDAY:

5:45am	Express Spin (S)	Darci
8:00 am	Yoga	Pat
8:30 am	Cardio Spin (S)	Deb
9:00 am	Cardio & Strength	Andrea
10:15 am	Stretch & Balance	Gina

SATURDAY:

7:15 am	Spin & Sculpt (S)	Annie
10:15am	Zumba (S)	June

SUNDAY:

10:30am	SHiNE Dance Fitness	Annmarie
No yoga, SHiNE at 10:30 as of 3/24!		

- Beginner/Low Intensity
- Moderate Intensity
- Intermediate Intensity
- Advanced/High Intensity

Group Exercise Descriptions

Adult Fitness: Class for the active older adult or beginner exerciser. Low impact aerobics, resistance training and balance are included in this popular class.

Barre: Tone your entire body with ballet inspired moves. Props such as bands, balls and dumbbells are used.

Cardio Spin: Pedal through hill climbs, sprints, and many other challenging drills and exercises with recovery periods.

Cardio & Strength: Get your heart rate up through interval training. Build muscle with dumbbells and resistance bands.

Circuit Training: Rotate through a full body circuit using functional training equipment such as battle ropes, kettlebells and Strongboards.

Easy Rider: Indoor cycling offers many benefits for older adults, whether you are already active or ready to try a new form of exercise.

Express Spin: Get in and get out with this 30 minute class.

Gentle Yoga & Yoga: Posture sequences will stretch, strengthen and balance your body helping to reduce stress/tension. Modifications will be offered for all levels.

HIIT: High Intensity Interval Training! Raise your heart rate with exercises like burpees and mountain climbers and build strength weights and body weight exercises such as push-ups.

Pilates: Mat based class designed to increase core strength and stability. Hand weights/dyna balls will be included in this class.

SHiNE Dance Fitness: The original choreography is the perfect balance of cardio and toning, designed to follow a HITT format. No dance experience needed!

Spin & Sculpt: Burn calories while you spin, tone muscles with dumbbells.

Stretch & Balance: Start with a relaxing, full body stretch in your chair. Then practice your balance while standing and practice a series of walking exercises.

Zumba: An energizing dance fitness class utilizing Latin and International music and moves. In this class you will find yourself shedding stress while boosting your health, toning your body and igniting weight loss.