

SUMMER

Group Exercise Schedule 7/5—8/27*

MONDAY	TUESDAY	WEDNESDAY
<p>7:30 - 8:30 am - Water Fitness with Gaynel (Pool)</p> <p>9-10 am - Group Power with Laura (W2)</p> <p>10 -11 am - Group Ride with Shaunda (W1)</p> <p>10:15 - 11:15 am - Zumba Toning with Joan (W2)</p> <p>11:30 -12:15 pm - Chair Yoga with Karen (W2)</p> <p>4:45 - 5:45 pm - Yoga with Sarah (W2)</p> <p>6 -7 pm - Group Power with Melinda (W2)</p>	<p>7 - 8 am - Yoga with Theresa (W2/Skatepark†)</p> <p>9 -10 am - Group Fight with Laura (W2)</p> <p>10:15 -11:15 am - Barre with Varies (W2)</p> <p>11:30-12:15 pm - Forever Fit with Karen (W2)</p> <p>6 -7 pm - Zumba with Christine (W2)</p> <p>6 -7 pm -Barre with Melinda (W1)</p>	<p>7:30 - 8:30 am - Water Fitness with Gaynel (Pool)</p> <p>9 -10 am - Group Power with Laura (W2)</p> <p>10 -11 am - Group Ride with Shaunda (W1)</p> <p>10:15 -11:15 am - Zumba with Joan (W2)</p> <p>11:30 -12:15 pm - Chair Yoga with Sarah (W2)</p> <p>6 -7 pm - Group Power with Melinda (W2)</p>
THURSDAY	FRIDAY	SATURDAY
<p>7 - 8 am - Yoga with Theresa (W2/Skatepark†)</p> <p>9 -10 am - Group Fight with Laura (W2)</p> <p>10:15 - 11:15 am - TRX with Joanie (W2)</p> <p>11:30 - 12:15 pm - Forever Fit with David (W2)</p> <p>6 - 7 pm - Zumba Toning with Gail (W2)</p>	<p>7:30 - 8:30 am - Water Fitness with Wendy (Pool)</p> <p>9 -10 am - Group Active with Holly (W2)</p>	<p>8:15 - 8:45 am - R30 with Laura (W1)</p> <p>9 - 10 am - Group Power with Laura (W2)</p> <p>9 -10 am - Yoga with Theresa (W1/Skatepark†)</p> <p>10:15 - 11:15 am - Zumba with Gail (W2)</p> <p>*Classes subject to cancellation with two weeks notice if less than 12 participants on average</p> <p>†Weather Permitting</p>

CLASS DESCRIPTIONS:

Barre: A total body workout that fuses ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

Chair Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Suitable for all levels of exercisers.

Forever Fit: This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Forever Fit!

GROUP ACTIVE: (Active Together) Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**

GROUP FIGHT: (Defend Together) Group Fight is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

GROUP POWER: (Strength Train Together) Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up!

GROUP RIDE: (Cycle Together) It's a 60 minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

R30: (Cycle 30 Together) It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. Everyone finishes first in this class!

Water Fitness: Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance. Moving your body through the water creates a resistance that will activate muscle groups. Suitable for ages 14 and up.

Yoga: Incorporate static and dynamic flexibility movements using yoga postures and positions to increase flexibility, reduce stress, and improve strength and posture. All yoga classes end with a 5 minute restorative, relaxation period. Note: Each instructor will give you a different experiences so try out a few for variety!

Zumba®: A fusion of Latin and International dance themes creates a dynamic, exciting, effective fitness system. Zumba® uses the principles of interval and resistance training to maximize caloric output, fat burning and total body toning.

Zumba Toning®: Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.