

## 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!

**Boot Camp:** An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every time, these classes are designed to push you harder than they'd push yourself and to always keep the body guessing.

**HIIT:** High Intensity Interval Training - involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines all in 30 minutes!

**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 CORE:** (Core Focus Together) Group Core trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before. **HARD CORE!**

**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!

**Pedaling for Parkinson's:** Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute. Fast pedaling is not a cure of Parkinson's disease but it is changing the lives of increasing numbers of participants who, before, had no hope beyond medication and eventually surgery to slow the progression of their disease. Best results are based on participating in a 1 hour class, 3 times per week, that includes a 10 minute warm up, 40 minute ride at 80-90 revolutions, a 10 minute cool down at 60 revolutions. **Pilates:** Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

**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

**Zumba Gold ®:** A modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. The design of the class introduces easy to follow choreograph that focuses on balance, range of motion and coordination.

# SEPTEMBER

## Group Exercise Schedule: Mill Creek

MONDAY	TUESDAY	WEDNESDAY
<p>5:15-6:15 am -<b>GROUP POWER</b> (Strength Train Together) with Anneke (MPR)</p> <p>7:30-8:15 am - Water Fitness with Esther (Pool)</p> <p>9:15-9:45 am- <b>R30</b> with Esther (Cycle)</p> <p>9:45-10:30 am - Boot Camp with Sara (MPR)</p> <p>10:30-11:30 am- Pedaling for Parkinson's with Nikki (Cycle)</p> <p>11-11:45 am - Barre with Tenille (MPR)</p> <p>11-11:45 am - Forever Fit with Anneke (GYM)</p> <p>4-5 pm - Yoga with Tracie (MPR)</p> <p>5:15-6:15 pm- <b>GROUP RIDE</b> with Kaylene (Cycle)</p> <p>6:30-7:30 pm- <b>GROUP POWER</b> (Strength Train Together) with Sara (MPR)</p>	<p>8:30-9:30 am -<b>GROUP FIGHT</b> with Esther (MPR)</p> <p>9:45-10:45 am - <b>GROUP POWER</b> (Strength Train Together) with Tomoko (MPR)</p> <p>11-11:45 am -TRX with Tomoko (Studio X)</p> <p>11:00-12:00 pm- Zumba Gold with Debbie (GYM)</p> <p>11-12 pm -Yoga with Tracie (MPR) 12:15-1 pm - Chair Yoga with Tracie (MPR)</p> <p>1:30-2:15 pm - Water Fitness with Maria (Pool)</p> <p>4:30-5:15 pm - Boot Camp with Sara (MPR)</p> <p>5:30-6:15 pm - Barre with Sara (MPR)</p> <p>6:30-7:30 pm - Zumba with Kaylene (MPR) 7:30-8:00 pm -<b>GROUP CORE</b> with Kaylene (MPR)</p>	<p>5:15-6:15 am <b>GROUP POWER</b> (Strength Train Together) with Anneke (MPR)</p> <p>7:30-8:15 am - Water Fitness with Terry (Pool)</p> <p>9:00-9:30 am -<b>GROUP CORE</b> with Kaylene (MPR)</p> <p>9:45-10:15 am- <b>R30</b> with Kaylene (Cycle)</p> <p>9:45-10:45 am - Zumba with Tomoko (MPR)</p> <p>10:30-11:30 am- Pedaling for Parkinson's with Nikki (Cycle)</p> <p>11-11:45 am - Forever Fit with Anneke (GYM)</p> <p>4-5 pm - Yoga with Tracie (MPR)</p> <p>4:30-5:00 pm -R30 with Esther (Cycle)</p> <p>6:30-7:30 pm - <b>GROUP POWER</b> (Strength Train Together) with Kaylene (MPR)</p>
THURSDAY	FRIDAY	SATURDAY
<p>9:45-10:45 am - <b>GROUP POWER</b> (Strength Train Together) with Tomoko (MPR)</p> <p>11-11:45 am - TRX with Tomoko (Studio X)</p> <p>11:00-12:00 pm- Zumba Gold with Debbie (GYM)</p> <p>11-12 pm - Yoga with Tracie (MPR)</p> <p>12:15-1pm - Chair Yoga with Tracie (MPR)</p> <p>1:30-2:15 pm - Water Fitness with Maria (Pool)</p> <p>4:30-5:15 pm - HIIT/Core with Sara (MPR)</p> <p>5:30-6:15 pm - Barre with Sara (MPR)</p> <p>6:30-7:30 pm - Zumba with Tomoko (MPR)</p> <p>7:30-8:00 pm <b>GROUP CORE</b> with Tomoko</p>	<p>7:30-8:15 am -Water Fitness with Stefanie (Pool)</p> <p>8:30-9:30 am -<b>GROUP FIGHT</b> with Tomoko (MPR)</p> <p>9:45-10:30 am - Boot Camp with Anneke (MPR)</p> <p>10:30-11:30 am- Pedaling for Parkinson's Self Guided (Cycle)</p> <p>11-11:45 am - Barre with Tenille (MPR)</p> <p>11-11:45 am - Forever Fit with Maria (GYM)</p> <p>12:15-1 pm - Chair Yoga with Maria (MPR)</p>	<p>8:30 -9:30 am -<b>GROUP ACTIVE</b> (Active Together ) with Stephanie (MPR)</p> <p>9:00-10:00 am -<b>GROUP RIDE</b> with Candace (Cycle)</p> <p>9:45-10:45 am -Zumba with Kaylene (MPR)</p> <p>11-12 pm - <b>GROUP POWER</b> (Strength Train Together) with Sara (MPR)</p> <p><b>NOTE: NEW CLASS NAMES = SAME GUARANTEED RESULTS!</b></p>