

## **GROUP EXERCISE CLASS DESCRIPTIONS:**

**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.

**GROUP ACTIVE:** 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:** 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:** 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:** 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:** 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.

**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!

**MOVE30:** Move Together will have you feeling and moving better in only 30 minutes! Build movement health by mastering the fundamental patterns that encompass everything you do in life. Grow your movement confidence with expert coaching, motivating music, and a supportive group environment that will help you succeed. **MOVE FOR LIFE!**

**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. Participants should be able to ride on an upright Spin bike. This is a private cycle class for people suffering from symptoms of Parkinson's disease.

**R30:** 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!

**SYNRGY CIRCUIT:** Meet us on the wellness floor for a circuit training workout using our Synrgy360. Synrgy Circuit will make getting in shape a lot of fun and provide you with a lot of variety so you will never get bored with your exercise routine since the system grows with you. Our trainer will provide the coaching and training you need for a well rounded workout experience.

**TRX:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

**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. During class we will incorporate lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.

**Try to arrive early to class so our Instructors can welcome you and ensure you feel comfortable and set up safely.**

# GROUP EXERCISE SCHEDULE

## Effective November 2

MONDAY	TUESDAY	WEDNESDAY
6-7 am: <b>GROUP RIDE</b> with Gael (Cycle Studio)	6-7 am: <b>GROUP POWER</b> with Gael (Studio 2)	6-7 am: <b>GROUP RIDE</b> with Andi (Cycle Studio)
7:45- 8:45 am: <b>WATER FITNESS</b> with Tina (Rec Pool)	9-10 am: <b>GROUP FIGHT</b> with Meghan (Studio 2)	7:45- 8:45 am: <b>WATER FITNESS</b> with Tina (Rec Pool)
9-10 am: <b>GROUP POWER</b> with Gael (Studio 2)	10:15-11:15 am: <b>GROUP ACTIVE</b> with Bethy (Studio 2)	9-10 am: <b>GROUP POWER</b> with Bethy (Studio 2)
10:15-10:45 am: <b>R30</b> with Gael (Cycle Studio)	10:15-11 am: <b>CHAIR YOGA</b> with Kathleen (GYM)	10:15-10:45 am: <b>R30</b> with Bethy (Cycle Studio)
10:15-11 am: <b>FOREVER FIT</b> with Kathleen (GYM)	10:15- 11:15 am: <b>PEDALING FOR PARKINSON'S</b> with Steve (Cycle Studio)	10:15- 11 am: <b>FOREVER FIT</b> with Karen (GYM)
11:30-12:30 pm: <b>YOGA</b> with Gordy (Studio 2)	11:30-12:30 pm: <b>WATER FITNESS</b> with Terry (Rec Pool)	11:30-12:30 pm: <b>YOGA</b> with Amy (Studio 2)
3:30- 4 pm: <b>MOVE30</b> with Karen (Studio 2)	11:30- 12:15 pm: <b>SYNRGY CIRCUIT</b> with Amy (Wellness Floor)	3:30- 4 pm: <b>MOVE30</b> with Karen (Studio 2)
4:15-5:15 pm: <b>BOOT CAMP</b> with Gael (Studio 2)	4:15-5:15 pm: <b>YOGA</b> with Amy (Studio 2)	4:15-5:15 pm: <b>GROUP FIGHT</b> with Gael (Studio 2)
5:30-6 pm: <b>R30</b> with Ellie (Cycle Studio)	5:30-6:15 pm: <b>TRX <i>NEW</i></b> with Amy (Studio 1)	5:30-6 pm: <b>GROUP CORE</b> with Gael (Studio 2)
6:15-7:15 pm: <b>GROUP POWER</b> with Bethy (Studio 2)	6:15-7:15 pm: <b>ZUMBA TONING</b> with Sherrill (Studio 2)	6:15-7:15 pm: <b>GROUP POWER</b> with Ryan A (Studio 2)

THURSDAY	FRIDAY	SATURDAY
6-7 am: <b>GROUP POWER</b> with Gael (Studio 2)	6-6:30 am: <b>R30</b> with Gael (Cycle Studio)	8:15- 8:45 am: <b>R30</b> with Kristen (Cycle Studio)
9-10 am: <b>GROUP RIDE</b> with Ryan F (Cycle Studio)	6:30- 7 am: <b>GROUP CORE</b> with Gael (Studio 2)	9 -9:45 am: <b>TRX <i>NEW</i></b> with Kristen (Studio 1)
10:15-11:15 am: <b>GROUP ACTIVE</b> with Bethy (Studio 2)	7:45- 8:45 am: <b>WATER FITNESS</b> with Tina (Rec Pool)	9-10 am: <b>YOGA</b> with Gordy (Studio 2)
10:15-11:15 am: <b>PEDALING FOR PARKINSON'S</b> with Steve (Cycle Studio)	9-10 am: <b>GROUP FIGHT</b> with Gael (Studio 2)	10:15-11:15 am: <b>YOGA</b> with Kathleen (Studio 2)
10:15-11 am: <b>CHAIR YOGA</b> with Judy (GYM)	10:15-11:15 am: <b>GROUP POWER</b> with Bethy (Studio 2)	11:30 -12:30 pm: <b>ZUMBA</b> with Sherrill (Studio 2)
11:30-12:30 pm: <b>WATER FITNESS</b> with Terry (Rec Pool)	10:15-11 am: <b>FOREVER FIT</b> with Kathleen (GYM)	
11:30- 12:15 pm: <b>SYNRGY CIRCUIT</b> with Amy (Wellness Floor)	4:15-5:15 pm: <b>BOOT CAMP</b> with Gael (Studio 2)	
4:15-5:15 pm: <b>YOGA</b> with Amy (Studio 2)	6:15-7:15 pm: <b>ZUMBA TONING</b> with Sherrill (Studio 2)	
5:30-6:15 pm: <b>TRX <i>NEW</i></b> with Amy (Studio 1)		
6:15-7:15 pm: <b>GROUP RIDE</b> with Andi (Cycle Studio)		
6:15-7:15 pm: <b>ZUMBA</b> with Sherrill (Studio 2)		
		SUNDAY
		10:45 -11:45 am: <b>YOGA <i>NEW</i></b> with Gordy (Studio 2)
		<i>Join us on Thanksgiving Day for your Burn the Bird workout at 8 am -10 am</i>