

## **GROUP EXERCISE CLASS DESCRIPTIONS: NOTE: ARRIVE EARLY TO ENSURE YOU GET YOUR SPOT IN CLASS!**

**SENIOR CARDIO FITNESS:** Move your whole body, fire up your brain, and enjoy a choreographed movement class that will have you laughing and having fun while reaping the benefits of a 45 minute cardiovascular workout—you won't even realize you are working! Note: no equipment or chairs are used in this class. Appropriate for Seniors.

**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. Appropriate for Seniors.

**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! Appropriate for Seniors.

**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 BLAST:** Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. **HAVE A BLAST!**

**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. **RIDE ON!**

**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:** MOVE30 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!** Appropriate for Seniors.

**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. 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!

**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 and Seniors.

**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.

# GROUP EXERCISE SCHEDULE

Effective **SEPTEMBER 5 2023**

MONDAY	TUESDAY	WEDNESDAY	
<p>6-7 am: <b>GROUP RIDE</b> with Gael (Cycle Studio)</p> <p>7:45- 8:45 am: <b>WATER FITNESS</b> with Judy (Rec Pool) <i>New Instructor</i></p> <p>9-10 am: <b>GROUP BLAST</b> with Bethy (Studio 2)</p> <p>10:15 - 11:15 am: <b>GROUP POWER</b> with Bethy (Studio 2)</p> <p>10:15-11 am: <b>FOREVER FIT</b> with Kathleen (GYM)</p> <p>11:30-12 pm: <b>R30</b> with Esther (Cycle Studio) <i>effective September 18</i></p> <p>11:30-12:30 pm: <b>YOGA</b> with Gordy (Studio 2)</p> <p>4:15-5:15 pm: <b>BOOT CAMP</b> with Gael (Studio 2)</p> <p>5:30- 6 pm: <b>R30</b> with Ellie (Cycle Studio)</p> <p>6:15-7:15 pm: <b>GROUP POWER</b> with Ryan A (Studio 2)</p>	<p>6-7 am: <b>GROUP POWER</b> with Gael (Studio 2)</p> <p>9:15- 9:45 am: <b>MOVE30</b> with Karen (Studio 2)</p> <p>9-10 am: <b>GROUP RIDE</b> with Eric (Cycle Studio)</p> <p>10:15-11:15 am: <b>GROUP ACTIVE</b> with Bethy (Studio 2)</p> <p>10:15-11 am: <b>CHAIR YOGA</b> with Kathleen (GYM)</p> <p>10:15- 11:15 am: <b>PEDALING FOR PARKINSON'S</b> with Steve (Cycle Studio)</p> <p>11:15-12:15 pm: <b>WATER FITNESS</b> with Terry (Rec Pool) <i>New Time</i></p> <p>4:15 -5:15 pm: <b>YOGA</b> with Amy (Studio 2)</p> <p>5:30-6:15 pm: <b>TRX</b> with Amy (Studio 1)</p> <p>6:15-7:15 pm: <b>ZUMBA TONING</b> with Sherrill (Studio 2)</p>	<p>6-7 am: <b>GROUP RIDE</b> with Andi (Cycle Studio)</p> <p>7:45- 8:45 am: <b>WATER FITNESS</b> with Esther (Rec Pool) <i>New Instructor</i></p> <p>9-10 am: <b>GROUP BLAST</b> with Gael (Studio 2)</p> <p>10:15 - 11:15 am: <b>GROUP POWER</b> with Dakota (Studio 2)</p> <p>10:15- 11 am: <b>FOREVER FIT</b> with Karen (GYM)</p> <p>11:30-12 pm: <b>R30</b> with Kiana (Cycle Studio) <i>effective September 20</i></p> <p>11:30-12:30 pm: <b>YOGA</b> with Amy (Studio 2)</p> <p>4:15-5:15 pm: <b>GROUP FIGHT</b> with Gael (Studio 2)</p> <p>5:30- 6 pm: <b>GROUP CORE</b> with Gael (Studio 2)</p> <p>6:15-7:15 pm: <b>GROUP POWER</b> with Bethy (Studio 2)</p>	
THURSDAY	FRIDAY	SATURDAY	
<p>6-7 am: <b>GROUP POWER</b> with Gael (Studio 2)</p> <p>9-10 am: <b>GROUP RIDE</b> with Ryan (Cycle Studio)</p> <p>9:15-10 am: <b>SENIOR CARDIO FITNESS</b> with Linda (Studio 2)</p> <p>10:15-11:15 am: <b>PEDALING FOR PARKINSON'S</b> with Steve (Cycle Studio)</p> <p>10:15-11:15 am: <b>GROUP ACTIVE</b> with Bethy (Studio 2)</p> <p>10:15-11 am: <b>CHAIR YOGA</b> with Andi (GYM)</p> <p>11:15-12:15 pm: <b>WATER FITNESS</b> with Terry (Rec Pool) <i>New Time</i></p>	<p>6-6:30 am: <b>R30</b> with Gael (Cycle Studio)</p> <p>6:30- 7 am: <b>GROUP CORE</b> with Gael (Studio 2)</p> <p>7:45- 8:45 am: <b>WATER FITNESS</b> with Judy (Rec Pool) <i>New Instructor</i></p> <p>9-10 am: <b>GROUP FIGHT</b> with Gael (Studio 2)</p> <p>10:15-11:15 am: <b>GROUP POWER</b> with Bethy (Studio 2)</p> <p>10:15-11 am: <b>FOREVER FIT</b> with Kathleen (GYM)</p>	<p>8:15- 8:45 am: <b>R30</b> with Kristen (Cycle Studio) <i>New Instructor</i></p> <p>9-9:45 am: <b>TRX</b> with Kristen (Studio 1) <i>NEW CLASS</i></p> <p>9-10 am: <b>YOGA</b> with Gordy/Alla (Studio 2)</p> <p>10:15-11:15 am: <b>YOGA</b> with Kathleen/Gordy/Alla (Studio 2)</p> <p>11:30 -12:30 pm: <b>ZUMBA</b> with Sherrill (Studio 2)</p>	
<p>4:15 -5:15 pm: <b>YOGA</b> with Amy (Studio 2)</p> <p>5:30-6:15 pm: <b>TRX</b> with Amy (Studio 1)</p> <p>6:15-7:15 pm: <b>ZUMBA</b> with Sherrill (Studio 2)</p>	<p>4:15-5:15 pm: <b>BOOT CAMP</b> with Gael (Studio 2)</p> <p>6:15-7:15 pm: <b>ZUMBA TONING</b> with Sherrill (Studio 2)</p>	<th data-bbox="1322 2498 1927 2560">SUNDAY</th> <p>10:45 -11:45 am: <b>YOGA</b> with Gordy (Studio 2)</p> <p><b>YMCA IS CLOSED MONDAY SEPTEMBER 4</b></p>	SUNDAY