

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EARLY	Cardio Sculpt: Tammy 5:15-6:15	Spin: Dan 5:15-6:00	Cardio Sculpt: Tammy 5:15-6:15	Spin: Dan 5:15-6:00	Cardio Sculpt: Tammy 5:15-6:15	
			Hatha Flow Yoga: Sarah - 8:15- 9:15 (Yoga Room - Heated) \$5 member/\$15 non-member			
MORNING	Power Pump: Stacy L. 8:15-9:00	Strength & Cardio: Tara 8:15-9:00	Cardio & Core: Emma 8:15-9:00	All in One: Shemane 8:15-9:00	Power Pump: Stacy L. 8:15-9:00	Cardio Fusion: Connie 8:15-9:45
	Sunrise Yoga Ruth Ann 9:10-10:00 (Group Ex Room)	Yoga De'Anne 9:10-10:10 (Group Ex Room)	Pilates De'Anne 9:10-10:00 (Group Ex Room)	Yoga De'Anne 9:10-10:10 (Group Ex Room)	Pilates De'Anne 9:10-10:00 (Group Ex Room)	
	Silver Sneakers® Lite: Stacey 9:30-10:00 - Gym	MORR Training Coach Rodie 9:15-10:00 - Gym	Silver Sneakers® Lite: Stacey 9:30-10:00 - Gym	MORR Training Coach Rodie 9:15-10:00 - Gym		
	Silver Sneakers® BOOM Muscle: Stacey & Denise 10:15-11:00 - Gym	Silver Sneakers® Classic: Denise & Connie 10:15-11:00 - Gym	Silver Sneakers® CardioFIT: Stacey & De'Anne 10:15-11:00 - Gym	Silver Sneakers® YOGA: De'Anne & Debi 10:15-11:00 - Gym	Silver Sneakers® Circuit: Stacey & Connie 10:15-11:00 - Gym	
		Cardio Dance: Andrea 10:30-11:30	Gentle Yoga Ruth Ann 11:00-11:45 (Group Ex Room)	Cardio Dance: Andrea 10:30-11:30		
DAYTIME	Hatha Flow Yoga: Debi - 12:00- 1:00 Non-heated Yoga Room: \$5 member/\$15 non-member	Vinyasa Flow Yoga: Erika - 11:00-12:00 Non-heated Yoga Room: \$5 member/\$15 non-member		Restorative Yoga: Debi- 11:00-12:00 (Yoga Room) \$5 member/\$15 non-member		
	Beginner Boot Camp/Spin: Dan 12:00-12:45	Strength & Cardio: Connie 12:00-12:45	Kettle Cardio: Dan 12:00-12:45	Power Pump: Andrea 12:00-12:45	Spin: Emma 12:00-12:45	
	Power Blast: Shemane 4:30-5:15	All-in-One: Denise 4:30-5:15	Yoga: Stacey 4:30-5:15	Cardio Sculpt: Denise 4:30-5:15		
	Hatha Flow Yoga: Sarah - 5:00- 6:00 (Yoga Room - Heated) \$5 member/\$15 non-member	Vinyasa Flow Yoga: Erika - 5:00-6:00 (Yoga Room - Heated) \$5 member/\$15 non-member	Hatha Flow Yoga: Debi - 5:00- 6:00 (Yoga Room - Heated) \$5 member/\$15 non-member	Vinyasa Flow Yoga: Erika - 5:00-6:00 (Yoga Room - Heated) \$5 member/\$15 non-member		
All-in-One: Connie 5:30-6:15	Spin: Denise 5:30-6:15	Spin 101: Denise 5:30-6:15	Power Pump: Denise 5:30-6:25			
Cardio Dance: Andrea 6:30-7:30	Yoga: Ruthann 6:30-7:15 (Group Ex Room)	Cardio Dance: Andrea 6:30-7:30				
		Yin Yoga: Debi - yoga room 6:30-7:30 \$5 member/\$15 non-member				

Cardio/strength
Specialty Class (\$)
Yoga/Pilates HMHB
Silver Sneakers®

RED PRINT: These classes are in danger of being cancelled due to low participation

Group Exercise Class Descriptions



All in One: This class combines step, spin & body strengthening exercises into one hard work out.

Beginner Boot Camp: Features a variety of functional exercises using body weight &/or equipment all done with the beginning member in mind.

Cardio & Core: This class will feature plenty of cardio exercises (ie. Spin Bike, stairs, jump rope, plyos, running outside on pretty days) with a variety of core exercises to target hips, back, abs & obliques.

Cardio Dance: Features energetic dance moves that are fun & effective for raising heart rate. Dance styles include Latin, Hip-Hop & 'old school'.

Cardio Fusion: Designed to challenge anyone who has been working out for a while & is ready for an intense cardio workout. **This class is not intended for people with physical limitations or medical conditions such as (but not limited to) heart disease, AFib, or hypertension.**

Cardio Sculpt: This class is a combination of cardio training & body sculpting using light weights & high repetitions.

Gentle Yoga: Gentle stretches & yoga poses in a warm environment to leave you feeling refreshed, relaxed & renewed.

Hatha Flow – This class utilizes a steady flow of basic yoga postures to increase strength, stamina & improve flexibility. With longer pose holds, this class offers the challenge of a slow burn with the opportunity to refine proper alignment & breathing techniques. Suitable for all levels & is very appropriate for beginners. *Room is heated to 80-85 degrees.

Kettle Cardio: This class uses Kettle Bells to get a great cardio/strength/endurance workout!

MORR Training: This is a training system for both men & women of all ages & fitness levels who are interested in increasing their speed, flexibility, efficiency, & explosive power.

Pilates: This class is unique in that each exercise will be demonstrated in a variety of progressions to suit everyone. If you're just starting your Fitness Journey or if you are a serious athlete looking for an excellent way to strengthen your core & stabilizer muscles, this class is for you!

Power Blast: This challenging class features a unique combination of strength & cardio exercises.

Power Pump: A strength training workout utilizing barbells & interchangeable weights. You can go heavy or light! This class is great for all fitness levels & will work your whole body.

Restorative Yoga – This nourishing class offers breath work with gentle, supported yoga poses to relieve stiffness & tension in the body. Poses are often supported by blankets, bolsters, blocks, & other yoga props to encourage deep release & rest in the body. This class emphasizes complete muscular relaxation, & is suitable for all levels. *Non-Heated.

Silver Sneakers @ BOOM Muscle: This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks & activity-specific drills to improve strength & functional skills.

Silver Sneakers@ CardioFit: Advanced group exercise class designed for active adults who desire a safe & effective low-impact cardiovascular workout. Energizing & easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular & muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

Silver Sneakers@ Circuit: Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, & your instructor can adapt the exercises depending on your skill.

Silver Sneakers@ Classic: Focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles, & a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Silver Sneakers@ Lite: Cardio & strength workout that can all be done while seated! Perfect for a Silver Sneaker just starting their fitness journey.

Silver Sneakers @Yoga: Silver Sneaker's Yoga class will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

Spin: Spin is cycling to music & so much more! Your legs will become stronger & your cardiovascular fitness will improve. This class can be modified to your own fitness level.

Spin 101: Intro to Spin is a brand new offering from your Fitness Professionals at F-n-W. We designed this class for members who have always desired to take Spin but were too intimidated to try. The class member will be taught proper bike set up, tips on keeping the intensity within their fitness range and the basics of Spin Class programming

Strength & Cardio: High intensity, interval training using various cardio, body weight & light weight exercises.

Sunrise Yoga: Start your morning, your week, & your yoga practice with this beginning yoga class that will introduce you to the basics of many different styles of yoga. Perfect way to start your day & leave feeling energized & renewed!

Yoga: This class combines yoga postures with modern fitness movement

Yoga for Strength & Balance: This Yoga class focuses on building strength while emphasizing balance & stability through traditional Yoga poses. It also prompts mindfulness & flexibility, promoting a holistic approach to fitness.

Vinyasa Flow – This class builds strength, stamina, coordination, & flexibility by combining traditional yoga postures with mindful breath work. Each class is uniquely designed by the instructor to provide a balance between fluid movement & steady pose holds while also offering opportunities for arm balances, backbends, & inversions (modifications are always available). This class is suitable for all levels, but some experience with fitness &/or yoga is a plus. *Room is heated to 90-95 degrees.

Yin Yoga – This is a slow-moving, deep stretching class that penetrates into the connective tissues, joints, & fascia of the body to expand flexibility. Yin Yoga invites practitioners to slow down & create space for stillness in the body & mind. Poses are held for 3-5 minutes & practiced on the floor with as many yoga props as needed. This class is suitable for all levels. *Non-Heated.