



# March Group Exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EARLY</b>	<b>Cardio Sculpt:</b> Tammy 5:15-6:15	<b>Spin:</b> Tiffany 5:15-6:00	<b>Cardio Sculpt:</b> Tammy 5:15-6:15	<b>Spin:</b> Tiffany 5:15-6:00	<b>Cardio Sculpt:</b> Tammy 5:15-6:15	
	<b>W.I.S.E.Yoga-FLOW:</b> Ashtan - 8:15- 9:15 Yoga Room: Heated \$5 member/\$15 non-member		<b>W.I.S.E.Yoga-FLOW:</b> Sarah - 8:15- 9:15 Yoga Room: Heated \$5 member/\$15 non-member		<b>W.I.S.E.Yoga-FLOW:</b> Sarah - 8:15- 9:15 Yoga Room: Heated \$5 member/\$15 non-member	
<b>MORNING</b>	<b>Power Pump:</b> Stacey L. 8:15-9:00	<b>Strength &amp; Cardio:</b> Marcela 8:15-9:00	<b>Cardio &amp; Core:</b> Emma 8:15-9:00	<b>All in One:</b> Shemane 8:15-9:00	<b>Power Pump:</b> Stacey L. 8:15-9:00	
	<b>Sunrise Yoga</b> Ruth Ann 9:10-10:00 (Group Ex Room)	<b>Yoga</b> De'Anne 9:10-10:00 (Group Ex Room)	<b>Pilates</b> De'Anne 9:10-10:00 (Group Ex Room)	<b>Yoga</b> De'Anne 9:10-10:00 (Group Ex Room)	<b>Pilates</b> De'Anne 9:10-10:00 (Group Ex Room)	<b>W.I.S.E.Yoga-FLOW:</b> Ashtan - 9:30- 10:30 Yoga Room: Heated \$5 member/\$15 non-member
	<b>Silver Sneakers® Lite:</b> Stacey 9:30-10:00 - Gym		<b>Silver Sneakers® Lite:</b> Stacey 9:30-10:00 - Gym			<b>Yoga for Strength and Balance</b> Various* (see below) 10-11 (Group Ex Room)
	<b>Silver Sneakers® BOOM Muscle:</b> Stacey & Denise 10:15-11:00 - Gym	<b>Silver Sneakers® YOGA:</b> Tiffany & De'Anne 10:15-11:00 - Gym	<b>Silver Sneakers® CardioFIT:</b> Stacey & Connie 10:15-11:00 - Gym	<b>Silver Sneakers® YOGA:</b> De'Anne & Debi 10:15-11:00 - Gym	<b>Silver Sneakers® Cardio Classic:</b> Connie & Stacey 10:15-11:00 - Gym	*Connie: 3/7, 3/21 *Lorna: 3/14, 3/28
		<b>Zumba:</b> Tiffany 11:00-11:45	<b>Gentle Yoga</b> Ruth Ann 11:00-11:45 (Group Ex Room)	<b>Zumba:</b> Andrea 11:00-11:45	<b>Zumba:</b> Tiffany 11:00-11:45	
<b>DAYTIME</b>						
	<b>Spin:</b> Emma 12:00-12:45	<b>Strength &amp; Cardio:</b> Lorna 12:00-12:45	<b>Cadio &amp; Core:</b> Connie 12:00-12:45	<b>All-in-One:</b> Lorna 12:00-12:45	<b>Spin:</b> Emma 12:00-12:45	
<b>EVENING</b>	<b>Power Blast:</b> Shemane 4:30-5:15	<b>All-in-One:</b> Denise 4:30-5:15	<b>Barre/Yoga:</b> Lorna 4:30-5:15 (Group Ex Room)	<b>Cardio Sculpt:</b> Denise 4:30-5:15		
	<b>W.I.S.E.Yoga-FLOW:</b> Sarah - 5:00- 6:00 Yoga Room - Heated \$5 member/\$15 non-member	<b>W.I.S.E.Yoga-FLOW:</b> Sarah - 5:00-6:00 Yoga Room - Heated \$5 member/\$15 non-member	<b>W.I.S.E. Yoga-FLOW:</b> Debi - 5:00- 6:00 Yoga Room - Heated \$5 member/\$15 non-member	<b>W.I.S.E.Yoga-FLOW:</b> Erika - 5:00-6:00 Yoga Room - Heated \$5 member/\$15 non-member		
	<b>All-in-One:</b> Connie 5:30-6:15	<b>Spin:</b> Denise 5:30-6:15	<b>HIIT:</b> Lorna 5:30-6:15	<b>Spin:</b> Denise 5:30-6:15		
	<b>Zumba:</b> Andrea 6:30-7:30	<b>Yoga:</b> Lorna 6:30-7:15 (Group Ex Room)	<b>Zumba:</b> Andrea 6:30-7:30			
	<b>W.I.S.E. Yoga-YIN:</b> Sarah - 6:15- 7:15 Yoga Room: Non heated \$5 member/\$15 non-member		<b>W.I.S.E. Yoga-YIN:</b> Debi - 6:15- 7:15 Yoga Room: Non heated \$5 member/\$15 non-member			

- Cardio/strength
- Specialty Yoga 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 beginner 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 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.

**HIIT:** This fun and ever changing class will feature a total body, heart pumping, aerobic & strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind!

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

**Life's a Sport:** This class will take you out of the mundane, boring workout routine with a high intensity circuit filled with resistance, agility and explosive strength stations. Progressing alternative movements provide an ideal and manageable tempo for all active members regardless of age or athleticism. Power through this fast paced workout to get your heart rate up and burn fat.

**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.

**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 those 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.

**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.

**W.I.S.E. Yoga - FLOW:** This class builds strength, stamina, coordination, and flexibility by combining traditional yoga postures with mindful breathwork. Each class is uniquely designed by the instructor to provide a balance between fluid movement and steady pose holds. Previous experience with fitness and/or yoga is beneficial, but not required to enjoy this class. \*Most Flow classes are heated to 85-95 degrees. See schedule for non-heated Flow classes.

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

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

**Zumba:** A dance based cardio class that brings the party to the gym! A fun mix of music will keep you moving while the mixture of low-intensity and high-intensity moves gives you the perfect formula for an interval style calorie burning workout.