

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	All-in-One: 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 6:15 - 7:15 \$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.

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.