

AQUACISE: These classes are designed to increase flexibility, stability, and total body toning while providing an aerobic workout without wear and tear on your joints. **Aqua Fit:** a water alternative to the H.I.I.T class. It consists of high energy intervals without putting any excess pressure on the joints.

ABC: (Arms, Butt & Core) This low impact class will focus on toning arms, glutes and core using a variety of fitness tools. Modifications will be shown if needed.

Barre Balance/Advance Barre& Tone: This class will incorporate work on the Ballet Barre. Think increased overall core strength, and greater stability, and flexibility. The class requires no previous experience.

HIIT: This is the ultimate calorie burning workout, which combines the best of cross-training conditioning with speed drills, plyometrics, and power exercising. A complete workout with the benefits of camaraderie and social support. HIIT (High Intensity Interval Training) will alternate exercise cycles between high and low intensity.

Chair Yoga/Yoga: This class will introduce you to traditional yoga postures modified to be performed mostly in a chair or using the chair as a prop. You have option to use a mat instead of a chair.

Core & More/Pilates Plus: This class focuses on exercises to strengthen core muscles using a variety of tools such as the balance ball and resistance bands.
Pilates Plus : improver/intermediate level

Kettlebell: This class is designed to build muscle and keep your heart rate up while incorporating compound moves will using the kettlebell.

Line Dance/PLYO Dance*: This class uses a variety of music genres with sequencing step patterns. Have fun while improving your balance, strength, and memory without even realizing that you are exercising. ***PLYO Dance** will incorporate plyometric moves for dance and yoga poses for cooldown.

PIYO: Using your own body weight, you will increase flexibility, strengthen your core, posture, alignment, and improve circulation all while slimming muscles instead of building bulk. Expect classical Pilates moves mixed with traditional yoga poses.

Thighs,Butts, and Guts: This class specifically targets the “problem areas” of the lower body. This format only cater to those areas that we all want to get firmer: toned thighs and a lifted bottom as just some of the benefits. This class will use the mat and other tools.

Sit & Fit/Sit & Step*/Silver Sneakers: This class is designed to increase strength, cardio endurance, and range of motion in a low-impact format. A chair is used for seated or standing support. *advanced/limited to 30 participants (I,II, and III: levels of intenistiy)

Step/Step & Tone: This is a choreographed class that incorporates a platform to step up and down to get you in your fat burning zone. Weights are added in the Step & Tone Class.

TBC: (Total Body Conditioning): This class targets strengthening every major muscle group using weights, bands, and bars while keeping you in your target zone.

TurboKick: This is a combination of intense kickboxing and dance moves. The class has a unique blend of intervals of strength/endurance training, and a relaxing cool down. It requires no previous kickboxing experience.

Zumba: This is an exciting class that fuses Latin music and easy to follow moves using fast and slow rhythms to sculpt and tone your body while burning fat.



Fall 2019

August 12 to January 8

Updated 8/08/2019

<i>Time</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
8:00 - 9:00		Barre Balance (Kathryn) <i>ends @ 8:45</i>	Sit and Fit (Rachael) <i>Moderate</i>	Water Walking (Andrea)	Sit and Step (Rachael) <i>Advanced</i>	Step & Tone (Ana)	
9:10-10:00		TurboKick/PIYO (Jennifer)	<i>Advanced</i> Barr & Tone (Rachael)	TBC (Kathy)	Cardio Plus (Rachael)	TBC (Rachael)	Zumba Strong (Kristie) <i>starts @ 9:00am</i>
9:00 - 9:45		AQUACISE Low Impact (Andrea)	AQUACISE Low Impact (Andrea)	AQUA FIT High Intensity (Andrea)	AQUACISE Low Impact (Andrea)	AQUACISE Low Impact (Andrea)	
9:45-10:15					Core & More (Rachael)		
10:15 - 11:00		Sit and Step (Rachael) <i>Advanced</i>	Cues/Line Dance (Ana) (Sandi) Inter.Dance until 11:15	Stretch and Tone II <i>Silver Sneakers</i> 30 member max (Ana)	Cues/Line Dance (Ana) (Sandi) Inter. Dance until 11:15	Stretch and Tone II <i>Silver Sneakers</i> 30 member max (Ana)	
11:30-12:15		Stretch and Tone III <i>Silver Sneakers</i> <i>Starts @ 11:15</i> (Ruthie)	Chair Yoga (Lisa)	Stretch and Tone II <i>Silver Sneakers</i> <i>starts @ 11:15</i> (Lisa)	Chair Yoga (Ana)		
12:30-1:15			Stretch and Tone II <i>Sliver Sneakers</i> (Lisa)				
4:00- 4:45	Cardio Fusion (Erin)						
4:15 - 5:00		Zumba Strong (Kristie)	Zumba (Erin)		Zumba (Erin)		
5:15 -6:00		<i>Advanced</i> Barr & Tone (Rachael)	TBC (Cheryl)	TBC/Kettlebell (Rachael)	Cardio/Core (Erin)		
6:05 - 7:00		H.I.I.T (Shannon)	ABC (Cheryl)	H.I.I.T (Kristie)	PLYO Dance (Ruthie)		

Class schedule is subject to change based on class participation. Schedules will be updated accordingly.

No children under 12 are allowed in Group Exercise room.