

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.

Brains & Balance/Balance Lab: This class is a fun class that will engage and challenge both your mind and balance. **Balance Lab** will include balance drills and activities.

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.

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 intensity)

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 & HIIT: (Total Body Conditioning): This class targets strengthening every major muscle group using weights, bands, and bars while keeping you in your target zone. **HIIT (High Intensity Interval Training)** will alternate exercise cycles between high and low intensity

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. **Zumba/Strength:** Incorporates weights during the Zumba class.

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.



*Phase 3 Extended

Updated 9/17/2020

*ALL classes are limited to 14 participants.
Attendance limits will be lifted and classes added as the Governor releases restrictions.

<i>Time</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
8:15- 9:00			Sit and Fit (Rachael) <i>Moderate</i>	Water Walking (Andrea) <i>starts @ 8:00am</i>	Sit and Step (Rachael) <i>Advanced</i>		
9:00 - 9:45		AQUACISE Low Impact (Andrea)	AQUACISE Low Impact (Andrea)	AQUA FIT High Intensity (Andrea)	AQUACISE Low Impact (Andrea)	AQUA FIT High Intensity (Andrea)	
9:10-10:00		TBC (Kathy)	<i>Advanced</i> Barre & Tone (Rachael)	Stretch and Tone II <i>Silver Sneakers</i> (Ana)	Cardio Hit (Rachael)	Instructor Choice (Kathy)	Zumba Strong (Kristie) <i>starts @ 9:00am</i>
10:15 - 11:00 <i>Basketball Gym</i>			Line Dance Intermediate (Sandi)		Line Dance Intermediate (Sandi)		
10:15 - 11:00		Line Dance Beginner (Ana)	Stretch and Tone II <i>Silver Sneakers</i> 14 member max (Lisa)	TBC (Lisa)	Stretch and Tone II <i>Silver Sneakers</i> 14 member max (Kristie)	Line Dance Beginner (Ana)	Bootcamp <i>Fee charged</i> (Kristie)
11:05 - 11:50			Chair Yoga (Lisa)	Line Dance Advance (Sandi)	Chair Yoga (Kristie)		
4:00- 4:45							
4:15 - 5:00					Zumba (Erin)		
5:15 -6:00		Zumba Strong (Kristie)		TBC (Kristie)	Cardio/Core (Erin)		
6:05 - 7:00		Bootcamp <i>Fee charged</i> (Kristie)		Bootcamp <i>Fee charged</i> (Kristie)			