

# Group Fitness Schedule April 2019

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|---|--|---|
| <b>Challenge U</b><br>5:00-5:30am<br>Bonnie  | <b>Challenge U</b><br>5:00-5:30am<br>Bonnie                              |  | <b>Challenge U</b><br>5:00-5:30am<br>Bonnie         | <b>Challenge U</b><br>5:00-5:30am<br>Bonnie    |   |
| <b>Java Jumpstart</b><br>5:45-6:15am<br>Alexis   | <b>Spin AM</b><br>5:45-6:30am<br>Stephanie                               | <b>Java Jumpstart</b><br>5:45-6:15am<br>Kerri                | <b>TRX Movement</b><br>5:45-6:30am<br>Kerri         | <b>Spin &amp; MORE</b><br>5:45-6:45am<br>Scott | <b>Wake Up Shake Up</b><br>7:30-8:00am<br>Instructor varies   |
|  | <b>Sunrise Yoga</b><br>7:00-7:45am<br>Angie                              |  | <b>Sunrise Yoga</b><br>7:00-7:45am<br>Angie         |  | <b>Specialty Snapshot</b><br>8:30-9:00am<br>Instructor varies |
|  | <b>Pilates Circuit</b><br>8:00-8:45am<br>Angie                           |  | <b>Pilates Circuit</b><br>8:00-8:45am<br>Angie      |  |   |
| <b>Forever Active</b><br>9:00-9:30am<br>Kelly  | <b>NEW!! Strong Bodies</b><br><b>(starts 4/15)</b><br>9:30-10:00am<br>Jo | <b>Forever Active</b><br>9:00-9:30am<br>Kerri                |   | <b>Pilates</b><br>9:15-10:00am<br>Anna/Angie   |   |
| <b>After Work Shake Up</b><br>4:00-4:30pm<br>Kerri   |  | <b>NEW!!! Spin Therapy</b><br>3:00-3:45pm<br>Scott           |   |  |   |
| <b>*HEALTH SWITCH</b><br><b>(Ends April 8<sup>th</sup>)</b><br>5:00-5:30pm<br>Mel                          |  | <b>After Work Shake Up</b><br>4:00-4:30pm<br>Kennedy         | <b>More for the Core</b><br>4:45-5:15pm<br>Mary Lou |  |   |
| <b>Total Body Strength</b><br><b>New time begins 4/15!!!!</b><br>5:00-5:30pm<br>Kennedy                    | <b>Wild Card Workout</b><br>5:15-5:45pm<br>Mel                           | <b>Wednesday Weights and Cardio</b><br>5:30-6:00pm<br>Bonnie | <b>Body Blast</b><br>5:30-6:00pm<br>Alexis          |  |   |
| <b>*RUN YOUR FIRST 5K</b><br><b>(Begins April 15<sup>th</sup>)</b><br>5:30-6:30pm - Conf. Rm 2<br>Mary Lou | <b>Triple Threat Tuesday</b><br>6:00-6:30pm<br>Mary Lou                  |  | <b>The Spin Cycle</b><br>6:15-6:50pm<br>Mary Lou    |  |   |
| <b>Fundamental Yoga</b><br>5:45-6:45pm<br>Angie  | <b>Spinning in the New Year</b><br>7:00-7:35pm<br>Mary Lou               | <b>Cardio Circuit and Stretch</b><br>7:00-7:30pm<br>Bonnie   | <b>Flow Yoga</b><br>7:15-8:00pm<br>Travis           |  |   |

All classes are free with membership! Non-members can pay \$10 for a guest pass and receive classes for free. Classes with limited space (Spin AM, The Spin Cycle, Spinning in the New Year, Spin & MORE, Spin Therapy and TRX Movement) are first come, first serve. Please arrive early for these classes! \*Programs are an additional cost dependent on the program.

# Class Descriptions

**After Work 'Shake Up':** Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time!

**Body Blast:** Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class's needs. This is a great time to enjoy the music and feel the burn!

**Cardio Circuit and Stretch:** With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15-minute whole body stretch. This class is suitable and modifiable for all fitness levels!

**Challenge U:** Wake up, warm up and get moving with this early morning workout! Each day will bring different challenges including core, strength and flexibility exercises.

**Flow Yoga:** Center yourself with breath-based movement and dynamic poses that strengthen and stretch. All levels of ability are welcome!

**Forever Active:** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.

**Fundamental Yoga:** This is the perfect class to learn about yoga and how to perform poses to the best benefit of your ability!

**Health Switch:** A 12-week fitness and nutrition program.

**Java Jumpstart:** Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core.

**More for the Core:** Crunch time is a 30-minute core class designed to work all aspects of your core. This class takes "hurts so good" and brings it to life!

**Pilates:** Experience the benefits of training from the center of your body out by improving core strength, posture, muscle tone and endurance, coordination, and flexibility.

**Pilates Circuit:** Combine the powerhouse strength moves of Pilates with the challenge and timing of circuit training for a full body workout.

**RUN YOUR FIRST 5K:** We have designed an 8-week program that uses running with walking breaks to help you get out of your chair and onto the race course. Join us on Mondays from 5:30 to 6:30 starting April 15<sup>th</sup>, 2019 for a program that will lead you to completing the Booster Shot 5K on Saturday, June 8<sup>th</sup>, 2019. Program cost includes race entry fee.

**Specialty Snapshot:** We will explore different styles of specialty classes that we may want to offer in the future on Saturdays.

**Spin & MORE:** 45 minutes of spin and 15 minutes of surprises!

**Spin AM/The Spin Cycle/Spinning in the New Year:** This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

**Strong Bodies:** This weekly strength training class is designed for older adults. Each class includes a variety of exercises with both seated and standing options. Improve your mood, energy, sleep and your life!

**Sunrise Yoga:** Wake up and be energized with Sunrise Yoga! This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief. There is a 25% discount if you register for both days!

**Total Body Strength:** This class has a focus on strength building exercises including; lower body, upper body, and core to give you a well-balanced workout!

**Triple Threat Tuesday:** This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30-minute class is sure to get your heart rate up, plus get in the muscle training at the same time.

**TRX Movement:** Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups.

**Wake Up Shake Up:** Stop in for an early Saturday morning workout where we 'shake up' the plan each week for 4 weeks. This class is offered February 9 to March 2, 2019.

**Wednesday Weights and Cardio:** This class gives you a total body workout using a variety of equipment. Each workout ends with a 15-minute stretch to help ease you into your evening!

**Wild Card Workout:** No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting.