

Group Fitness Schedule June 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|
| Java Jumpstart 5:45-6:15am varies | Spin AM 5:45-6:30am Stephanie | Java Jumpstart 5:45-6:15am Kerri | TRX Movement 5:45-6:30am Kerri | Spin & MORE 5:45-6:45am Scott | Wake Up Circuit 7:30-8:00am Instructor varies |
| | Sunrise Yoga 7:00-7:45am Angie | | Sunrise Yoga 7:00-7:45am Angie | | Specialty Snapshot 8:30-9:00am Instructor varies |
| | Pilates Circuit 8:00-8:45am Angie | NEW TIME! Spin Therapy 8:00-8:45am Scott | Pilates Circuit 8:00-8:45am Angie | | |
| Forever Active 9:00-9:30am Kelly | Strong Bodies 9:30-10:15am Kerri or Jo | Forever Active 9:00-9:30am Kerri | | Pilates 9:15-10:00am Anna/Angie | |
| | Tai Chi 10:15-11:00am Emily | | | | |
| Walk the Loop – (OUTSIDE) 12:00-12:30pm Kennedy | Walk the Loop – (OUTSIDE) 12:00-12:30pm Kennedy | Walk the Loop – (OUTSIDE) 12:00-12:30pm Kennedy | Walk the Loop – (OUTSIDE) 12:00-12:30pm Kennedy | | |
| After Work Shake Up 4:00-4:30pm Kerri | | | | | |
| Total Body Strength 5:00-5:30pm Kennedy | | After Work Shake Up 4:00-4:30pm Kennedy | More for the Core 4:45-5:15pm Mary Lou | | |
| BackYard Boot Camp (OUTSIDE) 5:30-6:30pm Kerri CLASS WILL BE CANCELLED IN THE CASE OF INCLEMENT WEATHER. | Wild Card Workout 5:15-5:45pm Kennedy | | Body Blast 5:30-6:00pm Kennedy | | |
| Fundamental Yoga 5:45-6:45pm Angie | Triple Threat Tuesday 6:00-6:30pm Mary Lou | Flow Yoga 6:00-6:45pm Travis | The Spin Cycle 6:15-6:50pm Mary Lou | | |
| | Full Cycle 7:00-7:35pm Mary Lou | | | | |

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!

Backyard Boot Camp: **This is an outdoor class which could be cancelled due to inclement weather.** Backyard Boot Camp mixes traditional calisthenic and body weight exercises with interval and strength training. Challenge yourself with this calorie-blasting workout. Boot Camp is geared toward all fitness levels. Modifications are available for the beginner to the advanced.

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!

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!

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.

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/Full Cycle/Spin Therapy: 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! Special drop in rate of \$5.

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.

Tai Chi: This class will cover the fundamental concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This is a great class to improve body awareness and balance. Special drop in rate of \$5.

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 Circuit: Stop in for an early Saturday morning workout. Wake Up Circuit offers timed intervals of exercises performed at different stations. This is suitable and modifiable for all fitness levels.

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.