

Group Fitness Schedule September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IT'S BACK!!! Challenge 'U' 5:00-5:30am Bonnie	Challenge 'U' 5:00-5:30am Bonnie	NEW!! Pedal On - Spin class 5:00-5:30am Thomas	Challenge 'U' 5:00-5:30am Bonnie	Challenge 'U' 5:00-5:30am Bonnie	
Java Jumpstart 5:45-6:15am McKayla	Spin AM 5:45-6:30am Stephanie	Java Jumpstart 5:45-6:15am Kerri	TRX Movement 5:45-6:30am Kerri	Spin to Win 5:45-6:30am Scott	
	Sunrise Yoga 7:00-7:45am Angie		Sunrise Yoga 7:00-7:45am Angie		Wake Up Circuit 7:30-8:00am Instructor varies
	Pilates Circuit 8:00-8:45am Angie		Pilates Circuit 8:00-8:45am Angie		Specialty Snapshot 8:30-9:00am Instructor varies
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	
After Work Shake Up 4:00-4:30pm Kerri		After Work Shake Up 4:00-4:30pm McKayla			
Total Body Strength Circuit 5:00-5:30pm Kennedy	Wild Card Workout 5:00-5:45pm Kennedy	NEW!! Step and More 5:00-5:30pm Kennedy	*PRO-FIT & RECOVERY 4:30-5:15pm McKayla		
		Group Outdoor Cycle Ride MEETS AT MILL POND PARK 5:30-7:00pm Thomas	Body Blast 5:30-6:00pm Kennedy		
Fundamental Yoga NOTE THE NEW TIME! 6:00-7:00pm Angie	Triple Threat Tuesday 6:00-6:30pm Mary Lou	NEW!! Simple Strength 6:00-6:30pm McKayla	IT'S BACK!! Spin Cycle 6:30-7:15pm Mary Lou		
	Full Cycle 7:00-7:45pm Mary Lou		NEW DAY & TIME!! Yoga to Replenish 7:30-8:30pm 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 classes and TRX classes) are first come, first serve. Please arrive early for these classes! *Programs are an additional cost dependent on the program. See program description for details.

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!

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.

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!

Group Outdoor Cycle Ride: Are you a local cyclist who would enjoy riding with others? Join fellow cyclists as they embark on an evening ride. This will give you the chance to meet others who share the same interests!

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.

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.

PRO-FIT & RECOVERY: Treat your body like a professional athlete. This program is designed to challenge you physically in our non-traditional group fitness class style, as well as giving you the opportunity to help your body recover through massage or acupuncture therapies. Class includes: Choice of 4 sessions of group fitness class PLUS 2 Integrative health visits. Cost is \$160 for members or \$180 for non-members.

Simple Strength: Never exercised or been in a group fitness class before? Then this is the class for you!! This class is meant for beginners who have little to no experience with exercise. This class incorporates learning proper exercise form, knowing proper weights to use while working out, as well as improving overall strength.

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

Spin AM/Full Cycle/Spin to Win/Spin Cycle/Pedal On: This indoor cycling class provides training for a variety of terrains. With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Step and More: Step your way to improved cardio fitness with Step and More! We will have a mix of traditional step moves along with strength exercises. This class is a total body workout that will get your heart pumping!

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.

Total Body Strength Circuit: This circuit-style 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.

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