

GROUP EXERCISE MENU

****subject to change without notice****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Strength Training 6:00a-6:30a Shelley STUDIO		Strength Training 6:00a-6:30a Jane STUDIO		
Forever Strong 8:00a-8:45a Debbie STUDIO/ZOOM reserve studio spot	Cardio Circuit 8:00a-9:00a Helen GYM	Forever Strong 8:00a-8:45a Debbie STUDIO/ZOOM reserve studio spot	Cardio Circuit 8:00a-9:00a Helen GYM	Zumba 9:15a-10:15a Dolores STUDIO reserve studio spot	
Yoga 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	Pilates 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	Yoga 9:15a-10:15a Patty STUDIO reserve studio spot	Pilates 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	Kickboxing 9:15a-10:15a Marisa GYM	LES MILLS BODYPUMP 9:00a-10:00a Sharon GYM
LES MILLS BODYPUMP 9:30a-10:30a Laura GYM	High Fitness 9:15am-10:15am Pam GYM	Step Interval 9:15a-10:15a Marisa GYM	Workout with Marisa 9:15a-9:45a GYM	Moving for Life 10:30a-11:30a Claire STUDIO	Pilates 9:15a-10:15a Nada STUDIO/ZOOM reserve studio spot
Zumba 11:00a-12:00p Stacey/ Jody GYM		LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	LES MILLS BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	reserve studio spot LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	
				Forever Strong 11:45a-12:45p Marisa STUDIO reserve studio spot	SUNDAY
					Zumba 9:00a-10:00a Stephanie GYM
					Yoga 9:15a-10:15a Eileen STUDIO reserve studio spot
Zumba 5:15p-6:15p Alexis STUDIO reserve studio spot	Tabata Jam 6:00p-6:45p Pam GYM	Yoga 6:00p-7:00p Leah STUDIO reserve studio spot	Yoga 5:25p-6:25p Trish STUDIO reserve studio spot		Butts and Guts 10:30a-11:30a Blythe STUDIO reserve studio spot
LES MILLS BODYPUMP 6:30p-7:30p Maria GYM	Barre None 6:00p-7:00p Kerry STUDIO reserve studio spot		LES MILLS BODYPUMP 6:30p-7:30p Jessi GYM		

Group Exercise Class Descriptions

= Cardio Class | * = Strength Class

***Barre None:** Fusion of ballet, Pilates, and yoga. Lengthen and tone using hand weights, small ball, and body weight. Focus is on alignment, posture, and core strength.

***Butts and Guts:** Focus on core strength. Pilates and yoga-based moves, along with traditional abdominal exercises, to get needed results.

***Forever Strong:** This program is designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a small inflatable ball are offered for resistance. A chair is used for seated and/or standing support.

#*Cardio Circuit: 4 low to mid impact total body cardio and strength conditioning class. Three segments of work. Two blocks of low to mid impact cardio and one block of strength to tone and improve endurance. Class ends with core and stretching.

#*High Fitness: Think old school aerobics made modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun!

#*Kickboxing: High Energy cardio-kickboxing is followed by weights and abdominal work. Kick, punch and tone your way to a stronger you!

***Les Mills Body Pump®:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

***Les Mills Body Pump 30®:** Original barbell class that shapes, tones, and strengthens your entire body. This 30-minute addictive workout challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls.

***Moving for Life:** Class starts with a gentle warm-up, then moves to gentle aerobics and strength through dance moves then a cool down. Your Moving for Life certified instructor adapts classes to the individuals in attendance. Classes can be done seated or standing and are designed to increase energy, cardio fitness, muscle strength, improve range of motion, balance and ease joint pain.

***Pilates:** Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility, and body awareness. Bring a towel.

#*Step Interval: A great workout for the entire body! Step routines with intervals for toning to target all muscle groups.

***Strength Training:** 30 minutes of strengthening and toning. Dumbbells, stability balls and tubes are used.

#*Tabata Jam: High intensity interval training that will get your cardiovascular system going and burn fat. The training involves performing exercises at a high intensity for 20 seconds followed by 10 seconds of rest. This repeats 8 times for a total of 4 minutes at 8 different stations.

#*Workout with Marisa: 30-minute class that combines and alternates between cardio with strength in intervals.

***Yoga:** Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility, and body awareness.

#ZUMBA®: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.