

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	Strength Training 6:00a-6:30a Jane STUDIO	
	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		
Forever Strong 8:00a-8:45a 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	Zumba 9:15a-10:15a Dolores STUDIO reserve studio spot	LES MILLS BODYPUMP 9:00a-10:00a Sharon GYM
Yoga 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	High Fitness 9:15am-10:15am Pam GYM	Step 9:15a-10:15a Marisa GYM	Workout with Marisa 9:15a-9:45a GYM	Kickboxing 9:15a-10:15a Marisa GYM	Pilates 9:15a-10:15a Nada STUDIO/ZOOM reserve studio spot
LES MILLS BODYPUMP 9:30a-10:30a Laura GYM		LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	LES MILLS BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	
Zumba 11:00a-12:00p Stacey GYM		Active&Strong 11:45a-12:45p Marisa GYM	Zumba 10:30a-11:30a Jody GYM	Active&Strong 11:45a-12:45p Marisa GYM	
					SUNDAY
					Zumba 9:00a-10:00a Stephanie GYM
					Yoga 9:15a-10:15a Leah STUDIO reserve studio spot
Zumba 5:15p-6:15p Alexis STUDIO reserve studio spot	Surge Fit 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	Strength Training 7:15p-7:45p Jessi STUDIO reserve studio spot	LES MILLS BODYPUMP 6:30p-7:30p Jessi GYM		

Group Exercise Class Descriptions

Cardio Class / * Strength Class

****Active and Strong** This class utilizes basic choreographed moves to upbeat music. Participants can take part standing or in a chair. Free weights, a small ball and elastic tubing are used to improve strength. Balance and flexibility elements are also included.

***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** is a 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®** is 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.

***Pilates** Strengthen and lengthen core muscles through controlled movement and breath. Improve

balance, flexibility, and body awareness. Bring a towel.

****Pre-Teen Strong** Build a foundation for future athletic success. Developing and strengthening fundamentals movement patterns (crawling, sprinting and skipping). Improve your strength with squats, pushups, planks and more! Time for games is always worked in as well. Come join the fun!

****Step** Cardio routines followed by use of free weights, core and stretching.

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

****Surge Fit** is the energizing HIIT workout that will get you results fast! High intensity cardio tracks that push fat-burning systems into high gear are intertwined with targeted high rep strength training tracks, using dumbbells, that shape and define your body for maximum. Popular music driven highs and lows combined with a motivating group atmosphere will get your heart rate and muscles surging to push you to your personal best. Feel the surge!

****Teen Strong** Sharpen your athletic fundamentals. Work on strength, conditioning, speed and agility, and injury prevention every week. This is a great class for all ability levels as we will cater to each person's strengths and weaknesses. Free for members.

****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® Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.