

# GROUP EXERCISE MENU

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

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|---|---|--|
|   | <b>Strength Training</b><br>6:00a-6:30a<br>Shelley<br><b>STUDIO</b>                   |   | <b>Strength Training</b><br>6:00a-6:30a<br>Jane<br><b>STUDIO</b>                      | <b>Strength Training</b><br>6:00a-6:30a<br>Jane<br><b>STUDIO</b>                |  |
|   | <b>Cardio Circuit</b><br>8:00a-9:00a<br>Helen<br><b>GYM</b>                           | <b>Forever Strong</b><br>8:00a-8:45a<br>Debbie<br><b>STUDIO/ZOOM</b><br>reserve studio spot | <b>Cardio Circuit</b><br>8:00a-9:00a<br>Helen<br><b>GYM</b>                           |   |  |
| <b>Forever Strong</b><br>8:00a-8:45a<br>Debbie<br><b>STUDIO/ZOOM</b><br>reserve studio spot | <b>Pilates</b><br>9:15a-10:15a<br>Debbie<br><b>STUDIO/ZOOM</b><br>reserve studio spot | <b>Yoga</b><br>9:15a-10:15a<br>Patty<br><b>STUDIO</b><br>reserve studio spot                | <b>Pilates</b><br>9:15a-10:15a<br>Debbie<br><b>STUDIO/ZOOM</b><br>reserve studio spot | <b>Zumba</b><br>9:15a-10:15a<br>Dolores<br><b>STUDIO</b><br>reserve studio spot | <b>LES MILLS BODYPUMP</b><br>9:00a-10:00a<br>Sharon<br><b>GYM</b>                        |
| <b>Yoga</b><br>9:15a-10:15a<br>Debbie<br><b>STUDIO/ZOOM</b><br>reserve studio spot          | <b>High Fitness</b><br>9:15a-10:15a<br>Pam<br><b>GYM</b>                              | <b>Step</b><br>9:15a-10:15a<br>Marisa<br><b>GYM</b>   | <b>Workout with Marisa</b><br>9:15a-9:45a<br><b>GYM</b>                               | <b>Kickboxing</b><br>9:15a-10:15a<br>Marisa<br><b>GYM</b>                       | <b>Pilates</b><br>9:15a-10:15a<br>Nada<br><b>STUDIO/ZOOM</b><br>reserve studio spot      |
| <b>LES MILLS BODYPUMP</b><br>9:30a-10:30a<br>Laura<br><b>GYM</b>                            |   | <b>LES MILLS BODYPUMP</b><br>10:30a-11:30a<br>Marisa<br><b>GYM</b>                          | <b>LES MILLS BODYPUMP EXPRESS 30</b><br>9:50a-10:20a<br>Marisa<br><b>GYM</b>          | <b>LES MILLS BODYPUMP</b><br>10:30a-11:30a<br>Marisa<br><b>GYM</b>              | <b>Dance Party</b><br>10:30a-11:30a<br>Mary Lou<br><b>STUDIO</b>                         |
| <b>Zumba</b><br>11:00a-12:00p<br>Stacey<br><b>GYM</b>                                       |   | <b>Active&amp;Strong</b><br>11:45a-12:45p<br>Marisa<br><b>GYM</b>                           | <b>Zumba</b><br>10:30a-11:30a<br>Jody<br><b>GYM</b>                                   | <b>Active&amp;Strong</b><br>11:45a-12:45p<br>Marisa<br><b>GYM</b>               |  |
|   |   |   |   |   | <b>SUNDAY</b>  |
|   |   |   |   |   | <b>Zumba</b><br>9:00a-10:00a<br>Stephanie<br><b>GYM</b>                                  |
| <b>Zumba</b><br>5:15p-6:15p<br>Alexis<br><b>STUDIO</b><br>reserve studio spot               |   | <b>Pre Teen Strong</b><br>5:15p-5:45p<br>Nate<br><b>OUTSIDE</b>                             | <b>Yoga</b><br>5:25p-6:25p<br>Trish<br><b>STUDIO</b><br>reserve studio spot           |   | <b>Yoga</b><br>9:15a-10:15a<br>Leah<br><b>STUDIO</b><br>reserve studio spot              |
| <b>Pre Teen Strong</b><br>5:00p-5:30p<br>Nate<br><b>OUTSIDE</b>                             | <b>Surge Fit</b><br>6:00p-6:45p<br>Pam<br><b>GYM</b>                                  | <b>Yoga</b><br>6:00p-7:00p<br>Leah<br><b>STUDIO</b><br>reserve studio spot                  | <b>Teen Strong</b><br>5:30p-6:00p<br>Nate<br><b>OUTSIDE</b>                           |   | <b>Butts and Guts</b><br>10:30a-11:30a<br>Blythe<br><b>STUDIO</b><br>reserve studio spot |
| <b>LES MILLS BODYPUMP</b><br>6:30p-7:30p<br>Maria<br><b>GYM</b>                             | <b>Barre None</b><br>6:00p-7:00p<br>Kerry<br><b>STUDIO</b><br>reserve studio spot     | <b>Strength Training</b><br>7:15p-7:45p<br>Jessi<br><b>STUDIO</b><br>reserve studio spot    | <b>LES MILLS BODYPUMP</b><br>6:30p-7:30p<br>Jessi<br><b>GYM</b>                       |   |  |
|   |   |   |   |   |  |

## 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.

**#Dance Party** is a cardio dance program for anyone that loves to dance! The music spans the decades from oldies to current popular hits. Have fun while improving cardiovascular fitness, balance and agility.

**\*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** This class is designed to build and sharpen athletic fundamentals such as strength, conditioning, speed and agility, with a focus on injury prevention. This is a great class for all ability levels as we will cater to each person's strengths and weaknesses. Class outside beginning April 22.

**\*\*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** This class is designed to build and sharpen athletic fundamentals such as strength, conditioning, speed and agility, with a focus on injury prevention. This is a great class for all ability levels as we will cater to each person's strengths and weaknesses. Class outside beginning April 25.

**\*\*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.