



# GROUP FITNESS SCHEDULE

SPRING I: February 25 - April 21, 2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 6:00 AM - 6:55 AM TOM - STUDIO 2	<b>LES MILLS GRIT</b> 5:45 AM - 6:15 AM DARLENE - STUDIO 2	<b>LES MILLS BODY PUMP</b> 5:45 AM - 6:40 AM DARLENE - STUDIO 2	<b>HIIT MIX (NEW)</b> 6:00 AM - 6:30 AM MACKENZIE - STUDIO 2	<b>CYCLING*</b> 6:00 AM - 6:55 AM HEATHER S - STUDIO 2	<b>CYCLING*</b> 7:30 AM - 8:25 AM TOM - STUDIO 2	<b>PILATES</b> 7:15 AM - 8:10 AM ANGELA - STUDIO 1
<b>INTERVAL BLAST</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 2	<b>PILATES MAT</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 1	<b>INTERVAL BLAST</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 2	<b>PILATES MAT</b> 7:00 AM - 7:55 AM DENISE - STUDIO 1	<b>PILATES MAT</b> 7:00 AM - 7:55 AM LAUREN - STUDIO 1	<b>STEP &amp; ABS</b> 8:30 AM - 9:25 AM MAUREEN - STUDIO 2	<b>CYCLING</b> 8:15 AM - 9:10 AM STACEY - STUDIO 2
<b>YOGA</b> 8:15 AM - 9:25 AM LISSA - STUDIO 1	<b>YOGA</b> 8:15 AM - 9:25 AM REMEDIOS - STUDIO 1	<b>CYCLE HIIT</b> 8:00 AM - 8:35 AM JUDY - STUDIO 2	<b>TAI CHI</b> 8:15 AM - 9:25 AM REMEDIOS - STUDIO 1	<b>TGIF YOGA</b> 8:15 AM - 9:10 AM MARY JO - STUDIO 1	<b>LES MILLS CXWORX</b> 8:30 AM - 9:00 AM ALISON/MARILYN/JODI STUDIO 1	<b>YOGA</b> 8:15 AM - 9:25 AM SCOTT - STUDIO 1
<b>THE MINUTE BLAST*</b> 8:30 AM - 9:25 AM JENNY - STUDIO 2	<b>LES MILLS BODY PUMP*</b> 8:15 AM - 9:10 AM HEATHER S - STUDIO 2	<b>GENTLE RESTORATIVE YOGA</b> 8:00 AM - 8:55 AM LISSA - STUDIO 1	<b>LES MILLS BODY PUMP</b> 8:15 AM - 9:10 AM JUDY - STUDIO 2	<b>HIIT*</b> 8:30 AM - 9:25 AM JENNY - STUDIO 2	<b>PILATES FUSION</b> 9:15 AM - 10:10 AM JODI/ALISON - STUDIO 1	<b>BOOT CAMP*</b> 9:25 AM - 10:20 AM LORI - STUDIO 2
<b>BUTTS 'N GUTS PLUS*</b> 9:30 AM - 10:25 AM JENNY - STUDIO 2	<b>CYCLING*</b> 9:30 AM - 10:25 AM HEATHER S - STUDIO 2	<b>LES MILLS CXWORX</b> 8:45 AM - 9:15 AM ALISON - STUDIO 2	<b>CYCLING</b> 9:30 AM - 10:25 AM BOB - STUDIO 2	<b>TWICE AS FIT</b> 9:30 AM - 10:25 AM JUDY - STUDIO 2	<b>LES MILLS BODY PUMP</b> 9:35 AM - 10:30 AM LORI/MARILYN STUDIO 2	<b>PILATES</b> 9:30 AM - 10:25 AM LAUREN - STUDIO 1
<b>PILATES PLUS*</b> 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	<b>CORE 'N MORE</b> 9:30 AM - 10:25 AM ALISON - STUDIO 1	<b>HIIT</b> 9:25 AM - 10:20 AM JUDY - STUDIO 2	<b>YOGA*</b> 9:30 AM - 10:25 AM CHERIE - STUDIO 1	<b>PILATES PLUS</b> 9:30 AM - 10:25 AM HEATHER S - STUDIO 1	<b>FAMILY ZUMBA</b> 10:45 AM - 11:40 AM CHRISTINE/ERYKA STUDIO 2	<b>LES MILLS BODY PUMP*</b> 10:30 AM - 11:25 AM LORI - STUDIO 2
<b>SENIOR STRENGTH STRETCH &amp; BALANCE</b> 10:00 AM - 10:45 AM KIM - GYMNASIUM	<b>STRENGTH &amp; BALANCE</b> 10:30 AM - 11:25 AM ALISON - STUDIO 1	<b>YOGA</b> 9:30 AM - 10:25 AM CHERIE - STUDIO 1	<b>FLEX AND SCULPT</b> 10:30 AM - 11:25 AM HEATHER N - STUDIO 1	<b>SAMBA BELLY FITNESS*</b> 10:30 AM - 11:25 AM ERYKA - STUDIO 1	<b>YOGA PREP</b> 10:30 AM - 10:55 AM REMEDIOS - STUDIO 1	<b>GENTLE YOGA</b> 10:30 AM - 11:45 AM REMEDIOS - STUDIO 1
<b>YOGA</b> 10:30 AM - 11:25 AM SONYA - STUDIO 1	<b>CHAIR YOGA</b> 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	<b>BELLY DANCING*</b> 10:30 AM - 11:25 AM ERYKA - STUDIO 1	<b>ZUMBA</b> 10:35 AM - 11:30 AM CINDY - STUDIO 2	<b>LES MILLS BODY PUMP</b> 10:30 AM - 11:25 AM HEATHER S - STUDIO 2	<b>YOGA</b> 11:00 AM - 12:15 PM REMEDIOS - STUDIO 1	<b>BELLY DANCING*</b> 11:45 AM - 12:40 PM ERYKA - STUDIO 2
<b>ZUMBA</b> 10:35 AM - 11:30 AM CINDY - STUDIO 2	<b>PEDALING FOR PARKINSON'S**</b> 11:30 AM - 12:25 PM POLLI - STUDIO 2	<b>SENIOR FITNESS</b> 11:00 AM - 11:45 AM JACKIE - GYMNASIUM	<b>CHAIR YOGA</b> 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	<b>SENIOR FITNESS</b> 11:00 AM - 11:45 AM ANGELA - GYMNASIUM		
<b>SENIOR FITNESS</b> 11:00 AM - 11:45 AM KIM - GYMNASIUM	<b>ARTHRITIS FITNESS</b> 12:30 PM - 1:25 PM SONYA - STUDIO 1	<b>THERAPEUTIC FITNESS</b> 12:00 PM - 12:45 PM ALISON - STUDIO 1	<b>PEDALING FOR PARKINSON'S**</b> 11:30 AM - 12:25 PM POLLI - STUDIO 2	<b>GENTLE RESTORATIVE YOGA</b> 12:00 PM - 12:55 PM CHERIE - STUDIO 1		
<b>ZUMBA GOLD</b> 12:00 PM - 12:45 PM CHRISTINE - STUDIO 2	<b>MEDITATION &amp; RELAXATION</b> 1:30 PM - 2:25 PM LISSA - STUDIO 1	<b>ZUMBA GOLD</b> 12:00 PM - 12:45 PM CHRISTINE - STUDIO 2	<b>SENIOR FITNESS PLUS</b> 12:35 PM - 1:20 PM NANCY - STUDIO 2	<b>SENIOR FITNESS PLUS</b> 12:00 PM - 12:45 PM ANGELA - STUDIO 2		
<b>GENTLE YOGA</b> 12:00 PM - 12:55 PM LISSA - STUDIO 1	<b>LES MILLS BODY PUMP*</b> 5:00 PM - 5:55 PM TAMARA - STUDIO 2	<b>MEDITATION &amp; RELAXATION</b> 5:00 PM - 5:55 PM DENISE - STUDIO 1	<b>YOGA</b> 4:00 - 5:15 PM LISSA - STUDIO 1			
<b>ZUMBA TONING*</b> 5:00 PM - 5:55 PM CHRISTINE - STUDIO 2	<b>ZUMBA</b> 6:00 PM - 6:55 PM ALETA - STUDIO 2	<b>CORE CYCLE</b> 6:00 PM - 6:55 PM JUDY - STUDIO 2	<b>LES MILLS GRIT*</b> 5:30 - 6:00 PM LORI - STUDIO 2			
<b>CYCLING</b> 6:00 PM - 6:55 PM JUDY - STUDIO 2	<b>YOGA*</b> 6:00 PM - 7:10 PM DENISE - STUDIO 1	<b>YOGA*</b> 6:00 PM - 6:55 PM DENISE - STUDIO 1	<b>LES MILLS BODY PUMP*</b> 6:00 - 6:55 PM LORI - STUDIO 2			
<b>YOGA</b> 6:30 PM - 7:45 PM REMEDIOS - STUDIO 1	<b>STEP AND PUMP</b> 7:00 PM - 7:55 PM MAUREEN - STUDIO 2	<b>ZUMBA*</b> 7:35 PM - 8:30 PM CHRISTINE - STUDIO 2	<b>STEP AND PUMP</b> 7:00 PM - 7:55 PM MAUREEN - STUDIO 2			
<b>LES MILLS GRIT</b> 7:00 PM - 7:30 PM LORI/MARILYN - STUDIO 2	<b>CXWORX</b> 7:30 PM - 8:00 PM JODI/ALISON - STUDIO 1		<b>PILATES FUSION</b> 7:15 PM - 8:10 PM ANGELA - STUDIO 1			
<b>LES MILLS BODY PUMP</b> 7:35 PM - 8:30 PM LORI/MARILYN - STUDIO 2	<b>CYCLING*</b> 8:05 PM - 9:00 PM TOM - STUDIO 2					

## Cardio & Strength

**BOOT CAMP** – Blend strength and stamina training to get a great full body work-out. Class includes weights, calisthenics and agility training.

**BUTTS 'N GUTS PLUS** – Focus on working the lower half of the body and creating a strong core. Will help to tone and strengthen stubborn areas of the body!

**HIIT MIX** – A high-intensity workout blending weight training, kickboxing, and POUND Fitness.

**INTERVAL BLAST**– Wake up in the a.m. with interval blast. A mix of cardio, strength, and core work in an interval format that will get your day going.

**LES MILLS BODY PUMP** –A barbell class that strengthens your entire body, challenges all your major muscle groups by using the best weight room exercises to get great results! **LES MILLS GRIT** – An intense 30 minute HIIT class consisting of three formats: cardio, plyometric, or strength. These programs are designed to train you like an athlete for tremendous results.

**STEP & ABS** – Movement combinations using a step platform for a fun and challenging cardiovascular workout for all levels. Add some abs in at the end to get a great workout!

**STEP & PUMP** – A fun and challenging cardiovascular workout using a step platform, some resistance training using free weights and body bars to get a full body workout. **STRENGTH & BALANCE** – A combination of strength and balance exercises to challenge the whole body.

**THE MINUTE BLAST** – Intervals of cardio and strength training exercises done in 1 minute increments. Great way to burn calories and tone the entire body.

**WILLPOWER IGNITE** – This interval style class is built on a foundation of the Willpower method concepts and fueled with high-end anaerobic drills. The result is sculpted, flexible muscles, healthy joints and a cardiovascular system that is on fire.

## Indoor Cycling

**CORE CYCLE**– A traditional cycle class with a strong emphasis on the core. Ride for 45 minutes through a series of hills and jumps. Finish the class with 10 minutes of abdominal and core work on the mat.

**CYCLING** – Motivating instructors and energizing music will give you an outdoor ride experience in a class setting. Learn to achieve your target heart rate and improve cardio fitness.

**CYCLE HIIT**– High intensity interval training on an indoor bike. Get an hour's worth of work done in just 35 minutes. Short burst of high intensity will help you to burn more fat.

**TWICE AS FIT**– This class begins with 30 minutes of cycling and is followed by a total body strength and core workout.

## Dance

**BELLY DANCING** – Shimmy your way to awesome abs! A great Middle Eastern work out that targets areas that could use a little improvement.

**FAMILY ZUMBA** – This Zumba class is an all-inclusive class for current & new Zumba students and families with children 8 and older. Children under 14 must have an adult accompanying them in participating in the class.

**SAMBA BELLY FITNESS** – A dynamic fat burning cardio workout blast incorporating belly dance, Samba, Latin, Dance Hall, Afro-Caribbean, Hip-hop and Bollywood.

**ZUMBA** – A high energy Latin style dance class. Mambo, salsa and cha-cha your way to a great cardio workout.

**ZUMBA GOLD** – Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower, and safe intensity.

**ZUMBA TONING** – Traditional Zumba, with a twist. Lightweight maraca-like Toning Sticks and/or dumbbells enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

## Low Impact & Special Populations

**ARTHRITIS FOUNDATION FITNESS** –Led by a certified arthritis foundation instructor, class emphasis is on improving range of motion in joints, strength & balance.

**PEDALING FOR PARKINSON'S** – MEDICAL CLEARANCE AND REGISTRATION REQUIRED TO PARTICIPATE. This class involves controlled interval cycling and repetitive movement to alleviate the symptoms associated with Parkinson's Disease.

**SENIOR FITNESS** – Low impact aerobics fused with light weight training and balance exercises. Open to all ages and abilities.

**SENIOR FITNESS PLUS**– This stimulating workout is perfect for the active senior that is looking to improve their workout at the next level. Major muscle groups and the core will be targeted. All exercises modified to meet your fitness level.

**SENIOR STRENGTH, STRETCH & BALANCE** – Weight bearing and balance exercises to combat osteoporosis, lengthen muscles and improve mobility. Open to all ages and abilities.

**SPECIAL POPULATIONS** – A class for people with special needs to get in shape and have fun at the same time! Gain strength and build stamina as you bond with others in the class. **THERAPEUTIC FITNESS** – Designed for those with movement disorders such as Parkinson's, MS and Arthritis. This class uses large random movements of arms and legs to help combat the symptoms of tremors, stiffness, falling and rigid arms and legs.

## Pilates & Core

**CORE 'N MORE** –Strengthen your core by incorporating moves from Pilates, yoga and the stability ball along with strength training.

**FLEX AND SCULPT** – Flex your muscles with weights and sculpt your thighs, butts & guts with other fun & effective equipment. An emphasis on safety & alignment as well as variations will ensure a fabulous workout for all levels!

**LES MILLS CXWORX** – The ultimate way to get a tight and toned core, improve functional strength as well as balance and mobility in 30 minutes with resistance bands.

**PILATES FUSION**– A Pilates based class that incorporates weighted balls and other equipment to increase strength, flexibility and balance.

**PILATES** – Improve your posture while creating long lean muscles and strengthening your core muscles and back while increasing flexibility with classic Pilates movements.

**PILATES PLUS** – Add more core training to your Pilates routine with yoga, stability balls and strength training.

## Yoga

**CHAIR YOGA** – For those looking to do yoga but cannot lie on the floor. Improve your flexibility, strength, coordination and balance along with some relaxation. You have the option to move from the chair to the mat any time.

**GENTLE RESTORATIVE YOGA** – Focus is on fewer postures but they are maintained for a longer period of time to relax and open your muscles and joints.

**GENTLE YOGA** – Yoga at a slower pace. Emphasis on form to help increase strength and flexibility, reduce stress and help heal the body. Beginner friendly.

**TGIF YOGA**– Relax and unwind after a stressful week with a series of dynamic postures. You will leave this class feeling refreshed.

**YOGA** –Combination of dynamic postures, which help to develop balance, coordination, flexibility and strength. Add some relaxation in and come away feeling refreshed.

**YOGA PREP**– Gentle yoga poses and stretches to prepare for the yoga class that follows. It can be taken by itself or as a warm-up for the next class.

## 30 Minute Express Classes

**CYCLE HIIT**– High intensity interval training on an indoor bike. Get an hour's worth of work done in just 35 minutes. Short burst of high intensity will help you to burn more fat.

**LES MILLS CXWORX** – The ultimate way to get a tight and toned core, improve functional strength as well as balance and mobility in 30 minutes with resistance bands.

**LES MILLS GRIT** – An intense 30 minute HIIT class consisting of three formats: cardio, plyometric, or strength. These programs are designed to train you like an athlete for tremendous results.

**YOGA PREP**– Gentle yoga poses and stretches to prepare for the yoga class that follows. It can be taken by itself or as a warm-up for the next class.

\* indicates classes in which members ages 14 & up are permitted

\*\* Medical Clearance and Pre-Registration Required

Updated:  
3/27/19