

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|---|--|--|--|--|---|
| 6:00 AM | Muscle Sculpt - Kendra | RIPPED- Brittany Cycle *60min- Ashley | Just Strength- Jen | Total Body- Brittany | HIIT Total Body* 60min- Ronda Cycle- Melissa | | |
| 7:00 AM | | | | Cycle- Therese | Core *30min- Melissa Pilates Rm | | |
| 7:15 AM | | Body Pump *60min- Ashley | | | Total Body Strength*60min- Ronda | Body Pump *60min- Melissa | |
| 8:00 AM | Muscle Sculpt - Kendra | | | Cardio Core & More- Kendra | | | |
| 8:15 AM | | Mobility Foundations*60min-Omar Pilates rm | | | | | |
| 8:30 AM | <u>Yoga 1*60min- Barb</u> | | Cardio Sculpt- Dawn | Yoga Flow1-2*60min-Sara A | Yoga 1-2*60min- Laurie Body Pump *60min- Mel | Cycle- Melissa | |
| 8:45 AM | Mat Pilates1- Christina G | Barre- Mel | | | | | |
| 9:00 AM | Cardio Express *30min- Dawn | | | Barre *60min- Mel | TRX Circuit *60min-Sara B gym | Yoga 1-2*60min- Barb | |
| 9:30 AM | | Mat Pilates 1- Yuri | Yoga 1*60min- Sara A 20/20/20 *60 min- Renee | Mat Pilates 1.5*60min-Debbie | | Body Pump-Mel/Melissa | Yoga Flow 1-2*60min- Julia |
| 9:45 AM | | Core *30min- Mel | | | Core *30min- Mel | 6pk Abs *30min- AK/KW Pilates rm | |
| 10:00 AM | Mobility Foundations for Seniors- Omar Group Rm | Yoga Flow 1-2*60min- Chrissie | | Yoga 1-2*60min- Chrissie | Senior Yoga- Barb | | Total Body- Marina |
| 10:30 AM | | \$\$ Parkinson's Program \$\$ | | \$\$ Parkinson's Program \$\$ | Zumba- Rebeca T | Zumba- Krysta/Angelina Yoga Flow1-2*60min- Marty | |
| 10:45 AM | | | 30 & Out! *30 min- Renee | | | | Alignment Yoga*60min- Julia Pilates Rm |
| 11:00 AM | Senior Yoga- Sara A Senior Strength*60min- Rebeca T | Mat Pilates 1.5 *60min- Debbie | Senior Yoga *60 min- Jaclyn | Fusion Sculpt- Ronda Pilates Rm | Meditation *30min- Barb | | Cardio Dance- Marina |
| 11:15 AM | | | Mat Pilates 1- Christina G | | | | |
| 11:30 AM | Alignment Yoga Flow *60min- Marty Pilates Rm | | Sit n Fit - Sara A. | | Sit n Fit- Rebeca T | Body Combat *60min- Mel Zumba Gold- Krysta Pilates Rm | |
| 12:00 PM | | Total Body Basics- Arlene | | Total Body Basics- Arlene Stretch-Ronda Pilates Rm | | | Yoga Stretch- Julia Pilates Rm Core*30min- Christina N |
| 12:45 PM | Tai Chi- Chris Group Rm | | <u>Body Combat *60min- Marina</u> | | | | |
| 1:00 PM | | \$\$ Balance in Motion \$\$ Starts 1/23/23 | | \$\$ Balance in Motion \$\$ Starts 1/25/23 | | | |
| 4:30 PM | | | | Mat Pilates 1- Christina G | <div>January 2024 Group Exercise Schedule</div> <p>All Classes are 45min. Unless otherwise indicated * Class times includes set up, class and clean up.</p> <p>Please register for classes using the app. You may register classes up to 3 days in advance of class start date. Arrive to class on time; if you are late your spot will be forfeited.</p> <p>Clean all equipment used before putting it away.</p> <p>Underlined & Italicized classes mean a new class has been added, new instructor or new time/location for the class. \$\$ are pay for classes. Schedule subject to change during holidays.</p> <p>Center Hours M-Th 5am-9pm Fri 5am-8pm Sat & Sun 7am-6pm.</p> | | |
| 5:00 PM | <u>Flexibility-Jaclyn Yoga Rm</u> | Body Pump- Christina N | | Body Pump- Christina N | | | |
| 5:15 PM | | \$\$ Tai Chi 3- Chris Pilates Rm | | | | | |
| 5:30 PM | HIIT Total Body- Noura | | HIIT Total Body- Ronda | Power Yoga *60min- Julia Tai Chi 1- Chris Pilates Rm R* | | | |
| 6:00 PM | Cycle- Jennifer L | Zumba- Angie G | Yoga 1-2 *60min- Laurie | Zumba- Angie G | | | |
| 6:15 PM | | Tai Chi 2- Chris Pilates Rm R* | | | | | |
| 6:30 PM | Stretch *30min- Noura | | Body Pump *60min- Mel Fusion Sculpt- Ronda Pilates Rm | | | | |
| 6:45 PM | | | | Yin Yoga- Julia | | | |
| 7:00 PM | Yoga 2 *60min- Jennifer L | Body Combat *60min- Mel | | Body Combat *60min- Mel | | | |
| 7:15 PM | Body Pump *60min- Mel | | | | | | |

20/20/20: Twenty minutes each of floor aerobics, strength training and flexibility training using weights, stability balls, resistance bands and mat work. All levels

30 & Out!: Thirty minute circuit using weights, stability balls, resistance tubing and stretching.

6 Pk Abs: Firm, sculpt and strengthen your abs. Expect core exercises and cardio drills to help burn away the fat. Intermediate/Advanced.

Alignment Yoga: Focus on improving mind body connection by providing visual feedback on the body's alignment. Class is practiced using mirrors and detailed explanations on proper alignment in various yoga poses. Great for those new to yoga and experienced practitioners looking to deepen the understanding of proper alignment and body coordination. All levels.

Balance in Motion: Geared towards seniors and those looking to reduce risk of falls and improve balance. Includes areas of fall prevention such as balance, posture, strength, flexibility and vestibular exercise. Work to build confidence to complete daily activities and decrease risk of falls. \$\$ Pay for class.

Barre: Using the barre to balance while focusing on isometric strength training and proper alignment. Class will use light weights, bands, slider discs for total body conditioning. Low Impact. All levels.

Body Pump: Resistance training choreographed to high energy music. High Repetitions weight training, low loads to increase muscle, cardiovascular endurance and posture. All levels

Body Combat: High energy non contact martial art inspired workout. Low impact punching, kicking and cardio to relieve stress and feel like a champ. Learn moves from Karate Taekwondo, Boxing and Muay Tai. All levels.

Cardio Core and More: Full body circuit class using body weight, bands and light weights. Focus on cardio and core strength for a full body workout. All levels.

Cardio Dance: Fuses musical rhythms and choreographed moves along with strength exercises for a full body toning workout. All levels.

Cardio Sculpt: Kick your cardio into top gear with strength training drills, reps and exercises that tone and build strength. All levels

Core: Build strength, stability and endurance in the muscles supporting your core using bands, weight plates and bodyweight exercises. Plus hip, glute and low back exercises too. All levels.

Flexibility Training: Not your basic stretch class. Flexibility training focuses on improving full body flexibility and mobility using a blend of modalities based on functional and primal movement principles, yoga and traditional stretch methods. All levels

Fusion Sculpt: Full body workout fusing cardio, strength using body weight and bands, Pilates core and mobility soft tissue plasticity restoration. All levels.

HIIT Total Body: Sculpt your core, legs, and upper body with high intensity multi planar functional exercises designed to improve strength and endurance .Modifications offered. All levels.

Just Strength: Strength training using dumbbells, barbells, body weigh and more for a total body muscle strengthening workout. All levels

Mat Pilates: Class focuses on exercises created by Joseph Pilates. Core, abdominal and back strength; full body flexibility, posture and body awareness, through controlled breath. Level 1-Beginner Level 1.5-Advanced Beginner Level 2 Intermediate

Meditation: Learn breathing techniques, guided imagery and stretches to induce relation and peace while easing stress. Improve focus, mood and sleep. All levels.

Mobility Foundations and Mobility Foundation Seniors: Build and maintain healthy strong joins, develop neurological body control and improve mobility and flexibility. Senior--safety and support of a chair. All levels

Muscle Sculpt: Circuit style using dumbbells, barbells, bands and more to help improve muscular strength and endurance. Each class will focus on major muscle groups including core and for a full body workout. All levels

Parkinson's Exercise Program: Classes include vocalization, agility and cross body movements. Boxing sequences, strength, balance and stretching exercises. Focus on balance and mobility. \$\$Pay for class. Referral and enrollment required.

RIPPED: Resistance, Intervals, Power, Plyometric, Endurance, Diet. One stop body shock to get results. Nutrition advisement available though Remote Health and Fitness Coaching program. Visit the front desk for details

Senior Strength: A fun, dynamic class engaging in strength building and balance improvement. Designed for those who want more than Sit n Fit but not ready for Total Body or TRX. All levels.

Sit n Fit: Chair exercise options for those who want to exercise while seated. Joint flexibility, strength building, balance and core control to decrease risk of falls. Beginner level.

Stretch: Class will take you through an entire body stretch, using foam rollers and mats. Find improved muscle flexibility as well as increase range of motion. All levels.

Total Body Total Body Basics: Exercise all major muscle groups using various equipment. All levels. Basics: Beginner level.

Tai-Chi: A martial art which incorporates slow, synchronized movements performed in continuous form. Reduce stress and improve your concentration, energy, balance and body awarness. All levels.

TRX Circuit: TRX exercises blended with non TR\$X exercise both strength and cardio. Due to nature of instruction, those registered must arrive on time for instruction. If late, spot will be forfeited. All levels.

YOGA: Gentle Yoga--Low impact, slow paced yoga practice consisting of floor based postures held for longer periods of time with emphasis on breath work, meditation and relaxation. All levels. **Senior Yoga**--Build strength, joint mobility and balance. Slower paced yoga with modifications. Beginner level. **Yin Yoga**--Yin is relaxed, passive style of yoga holding poses for longer durations and increasing inner awareness. All levels. **Yoga Flow 1-2**--For those with an understanding of of yoga fundamentals; a flowing practice with balanced posture sequences coordinated with breath. Level 1 beginner Level 2 Intermediate. **Power Yoga**--A fast paced yoga that is focused on building strength and endurance. Intermediate/Advanced level. **Yoga Stretch**--Gentle yoga inspired movement and poses helping to release muscular tension and stretch ligaments. Focus on breath and stress release, shorter holds and stretches from standing and seated positions. All levels.

Zumba: Zumba fuses Latin rhythms and easy to follow moves to create a one of a kind fitness program. Zumba God--Slower simpler less impact for less mobile individuals. All levels.