



Group Exercise Schedule

SEPT 1st - NOV 31st 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am			Pilates With Beth			
8:00 am	BODYPUMP with Haywood	Yoga with Kathleen Moderate Intensity Cycle & Abs with Dan	Power Sculpt with Haywood	Ultimate Body Cutz Derek	8:15 HIIT (30) with Katya	BODYPUMP with Willie
9:00 am	Line Dancing with Elaine (Basketball Court) & Kettlebell Interval With Katya	Dance Fusion with Elaine	Cycle 30 with Haywood & Low impact Boot Camp with Beverly	Zumba with Diane	Pilates with Katya	
10:00 am	Stretch With Katya	10:15 Silver Sneakers Classic with Beverly	Stretch with Katya	10:15 Silver Sneakers Classic with Staff	Senior Sculpt with Derek	Zumba/MIXXEDFIT with Diane
11:00 am						Boot Camp with Elwood
12:15 pm	Tabata & Abs with Dan	Power Sculpt with Diane	3-2-1-SHRED with Derek	Ab-So-Glutely Michelle		
4:30pm	<i>Cycle Clinic/Studio 2</i>	<i>Cycle Clinic/Studio 2</i>	HIIT & Run Treadmills	Zumba With Diane		
5:30 pm	High Intensity Cycle Kevin & Crazy Cardio w/ Willie (30 minutes/Studio 1)	MIXXEDFIT with Diane	BODYPUMP with Willie	Cardio and Tone with Marvis		
6:00 pm	Core 360 with Willie	Cycle Cardio with Jessica				
6:30 pm	Yoga, Pilates, and Core With Willie		Boot Camp With Elwood			

Group Exercise Class Descriptions

CARDIO/MUSCLE

<p>BOOT CAMP You're in the army now! A high-intensity class designed to increase cardio-Vascular endurance.</p>	<p>3-2-1 SHRED A combination of cardio, weights, and abs, utilizing timing work. You will get an intense full-body Workout. 3 minutes, 2 minutes, 1 minute!</p>
<p>HIIT High-Intensity Interval Training! Involves repeated bouts of intense effort followed by varied recovery times. Boost your metabolism!</p>	<p>BODYPUMP Get lean and toned, build strength, and work all major muscles. You get a total body workout with coaching and great music while you burn calories.</p>
<p>POWERSCULPT: Muscle toning combined with intense power moves and cardio intervals. Tone and strengthen your body.</p>	<p>AB-SO-GLUTELY: Specially designed to sculpt, tighten, and tone your glutes, legs, and abs. Guaranteed to get you results.</p>
<p>TABATA: Clearly defined interval training with an intense Cardio and strength experience. Designed to push Your VO2 (oxygen) use during exercise.</p>	<p>SPARTAN TRAINING: Themed on the film 300, it combines bodyweight training and Bootcamp exercises to build muscle and create a lean physique.</p>
<p>CORE 360: Core condition training, hitting 360 degrees with body weight or equipment. The goal is to improve core strength and correct standing/sitting posture. Not your old fashion sit-up class.</p>	<p>CRAZY CARDIO: A 30-minute fun-filled low and high-impact cardio moves class that keeps you burning calories long after the class is over. Class style is a mix and match of HIIT, circuit, Tabata style, kickboxing, and plyometrics.</p>
<p>ULTIMATE BODY CUTZ: A total body conditioning designed with athletic drills and weight training designed to leave you dripping with sweat! Modifications used to adapt to any fitness level</p>	<p>HIIT AND RUN: Calling all walkers, joggers, and runners to the treadmills. We are going to do great circuit workouts with an All-or-Nothing interval style intended to maximize cardio at every level. You don't have to be fast you just have to keep moving forward.</p>

DANCE

<p>LINE DANCING Variety of pop and country line dancing! Join the fun!</p>	<p>DANCE FUSION A fusion of dance and body sculpting exercises designed to help your fitness goals and get your groove on!</p>
<p>ZUMBA Let's Dance! This popular class features movements inspired by various styles of international dance and popular music of today.</p>	<p>MIXXEDFIT A fun mix of Zumba dance class that is performed at a higher intensity with a great twist of Bootcamp toning.</p>

MIND AND BODY

<p>PILATES This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance, and coordination.</p>	<p>YOGA Coordinated stretches and poses to improve flexibility and core body strength.</p>	<p>STRETCH Set aside dedicated time to stretch your muscles. Don't neglect the recovery your body needs!</p>
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YOUNG AT HEART

<p>SILVER SNEAKERS Increase muscle strength, range of movement, and activities of daily living while moving to the music with the use of hand-held weights, bands, and more. This is targeted at seniors and chairs will be provided for support.</p>	<p>SENIOR SCULPT A weight strengthening class that is filled with great music while being performed in a chair. By the end of the class, you will have completed a full-body workout.</p>	<p>LOW-IMPACT BOOTCAMP Because there is less impact, these exercises tend to be gentler on the joints and muscles. Whole-body workout with multi-joint exercises that simulate movements people do in life.</p>
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CYCLE

<p>CYCLE CLINIC Not sure about cycle? Let us help you. Take 15 minutes to learn how to set up your bike and learn the benefits and how exciting cycling can be. See the schedule or make an appointment at the Wellness Desk today!</p>	<p>MODERATE-INTENSITY CYCLE AND ABS A 30-minute steady state cycle experience with a combination of strength and cardio followed by a 15-minute ab workout.</p>
<p>CYCLE CARDIO Strive your way into a 45-minute heart-pumping Rhythm-based workout, with a little bit of something for everyone. Enhance your cardio experience and increase your stamina while jamming to some great tunes.</p>	<p>HIGH-INTENSITY CYCLE Do you love to cycle and a challenge? Then crank up the heat with interval training, hill climbing, sprints, jumps, and surges to music that is meant to motivate and inspire. Meant to boost that endurance and cardio.</p>
<p>HIGH-INTENSITY CYCLE Do you love to cycle and want a challenge? Then crank up the heat with interval training, hill climbing, sprints, jumps, and power surges to music that is meant to Motivate and inspire. Designed to boost your endurance cardio and strength, all on a bike!</p>	<p>TRIATHLON BRICK TRAINING Brick training is stringing two disciplines together to build muscle memory and neural pathways that help the body adapt. You will transition from 20-30 minutes on the bike to 20-30 minutes of strength and walking/jogging/running. You don't have to be a triathlete to train like one.</p>