



Group Exercise Schedule

JUNE 1st - AUGUST 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 Cycle 30 & Abs 15 with Dan	Power Sculpt with Haywood	Yoga with Kathleen	8:15 HIIT (30) with Katya	7:45 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	Virtual Cycle class On Demand
10:00 am	Stretch With Katya	10:15 Silver Sneakers Classic with Beverly	Stretch with Kaylee	10:15 Silver Sneakers Classic with Staff	Senior Sculpt with Kaylee	Zumba/MIXXEDFIT with Diane
11:00 am						Boot Camp with Elwood
12:15 pm	HITT & Abs with Dan	Power Sculpt with Diane	HIIT with Dan	Butts and Guts with Amy		
4:30pm				Zumba With Diane		
5:30 pm	Cycle (studio 2) with Jessica & Crazy Cardio with Willie (30 minutes)	MIXXEDFIT with Diane	BODYPUMP with Willie	Cardio and Tone with Marvis		
6:00pm	Advanced Push-ups & Sit-ups with Willie					
6:30pm	Yoga, Pilates, and Core With Willie		Boot Camp With Elwood	Yoga With Kelly		

Group Exercise Class Descriptions

BOOT CAMP- you're in the army now! A high-intensity class designed to increase cardio-Vascular endurance.

Butts & Guts- A class set up in cardio and toning intervals, designed to strengthen the core, glutes, and thighs.

Dance Fusion- A fusion of dance and body sculpting exercises designed to help your fitness goals and get your groove on!

Cycle- A challenging "no impact" ride of your life!

HIIT- High Intensity Interval Training!

Power Sculpt- Muscle toning combined with intense power movies and cardio intervals.

Line Dancing- Variety of pop and country line dancing! Join the fun!

Pilates- This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance, and coordination.

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.

Yoga- Coordinated stretches and poses to improve flexibility and core body strength.

Zumba- Let's Dance! This popular class features movements inspired by various styles of international dance and popular music of today.

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.

Zumba/MIXXEDFIT- A fun mix of a Zumba dance class that is performed at a higher intensity with a great twist of boot camp toning.

Crazy Cardio- A 30-minute fun filled low and high impact cardio moves class that keep you burning calories long after the class is over. Class style is a mix and match of HIIT, circuit, Tabata style, kickboxing, and plyometrics.

Advanced Push up & Sit up- Looking for a challenge? Come to this class focused on two bodyweight exercises. Put your push-up and sit-up skills to the test as Willie runs you through intervals.

Yogalates- A fun mixture of yoga and Pilates, that helps you improve flexibility, core stabilization, balance with the help of well-designed stretches.

Cardio and Tone- A Low, Moderate, and sometimes High intensity workouts to get the heart pumping. Utilizing body weight, resistance bands, dumbbells, to give participants a full body workout.