



## Group Exercise Schedule JUNE 1<sup>st</sup> - AUGUST 31<sup>st</sup> 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 am</b>			Pilates With Beth			
<b>8:00 am</b>	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
<b>9:00 am</b>	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
<b>10:00 am</b>	Stretch With Katya	10:15 Silver Sneakers Classic with Beverly	Stretch with Katya	10:15 Silver Sneakers Classic with Staff	Senior Sculpt with Katya	Zumba/MIXXEDFIT with Diane
<b>11:00 am</b>						Boot Camp with Elwood
<b>12:15 pm</b>	HITT & Abs with Dan	Power Sculpt with Diane	HIIT with Dan	Butts and Guts with Amy		
<b>4:30pm</b>				Zumba With Diane		
<b>5:30 pm</b>	Cycle (studio 2) with Jessica & Crazy Cardio with Willie (30 minutes)	MIXXEDFIT with Diane	BODYPUMP with Willie	Cardio and Tone with Marvis		
<b>6:00pm</b>	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.