

# Group Exercise Schedule

EFFECTIVE: December 6, 2021



## Monday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling	Mike
5:45 - 6:30	FoxFit	Justice
6:15 - 7:00	Sculpt	Laura
9:00 - 9:55	AquaFit	Hannah
9:00 - 9:45	Group Cycling	Sheffield
9:15 - 10:00	Barre	Ashley
10:15 - 11:00	Pilates	Jackie
11:15 - 12:00	Yoga (Vinyasa Flow)	Logan
Time (p.m.)		
12:15 - 1:00	Cardio Dance 101	Sheffield
4:30 - 5:15	Shift & Lift	Eddie
5:30 - 6:15	Barre	Sarah G
5:30 - 6:15	FoxFit	TBA
5:45 - 6:30	Group Cycling	Nancy
6:30 - 7:30	Yoga (Vinyasa Flow)	Rebecca

## Tuesday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Cardio Sculpt	Mollie
5:45 - 6:30	FoxFit	Justice
6:15 - 7:00	PiYo	Trish
8:00 - 8:45	Tai Chi	Taylor
9:00 - 9:55	AquaFit	Anna
9:15 - 10:00	Cardio Sculpt	Eddie
10:15 - 11:00	Sculpt 101	Anna
Time (p.m.)		
4:30 - 5:15	Power Push Perform	Lauren
5:30 - 6:15	FoxFit	TBA
5:30 - 6:15	Sculpt	Laura
5:45 - 6:30	Group Cycling	Bob

## Wednesday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Group Cycling	Ian
5:30 - 6:15	Barre	Susan
5:45 - 6:30	FoxFit	Brad
9:00 - 9:55	AquaFit	Linda
9:00 - 9:45	Group Cycling	Kate
9:15 - 10:00	Sculpt	Sheffield
10:15 - 11:00	Pilates	Jackie
11:15 - 12:00	Yoga (Vinyasa Flow)	Logan
Time (p.m.)		
4:30 - 5:15	Shift & Lift	Eddie
5:30 - 6:15	Barre	Sarah G
5:30 - 6:15	FoxFit	TBA
5:45 - 6:30	Group Cycling	Kate
6:30 - 7:30	Yoga (Vinyasa Flow)	Monique

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## Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:00	<b>Shift &amp; Lift</b>	Susan
5:45 - 6:30	<b>FoxFit</b>	Justice
6:15 - 7:00	<b>PiYo</b>	Trish
8:00 - 8:45	<b>Tai Chi</b>	Taylor
9:00 - 9:55	<b>AquaFit</b>	Kristyn
9:15 - 10:00	<b>Cardio Sculpt</b>	Hannah
10:15 - 11:00	<b>Sculpt 101</b>	Hannah
11:15 - 12:15	<b>Yoga Yin</b>	La Tonia
Time (p.m.)		
4:30 - 5:15	<b>Power Push Perform</b>	Lauren
5:30 - 6:15	<b>FoxFit</b>	TBA
5:45 - 6:30	<b>Group Cycling</b>	Bob

## Friday

Time (a.m.)	Class	Instructor
5:45 - 6:30	<b>FoxFit</b>	Justice
6:15 - 7:00	<b>Barre</b>	Sarah G
9:00 - 9:55	<b>AquaFit</b>	Anna
9:00 - 9:45	<b>Group Cycling</b>	Sheffield
9:15 - 10:00	<b>Sculpt</b>	Lisa
Time (p.m.)		
5:45 - 7:15	<b>Sip and Stretch</b>	Martha

## Saturday

Time (a.m.)	Class	Instructor
8:30 - 9:15	<b>Group Cycling</b>	Martha
8:30 - 10:00	<b>FoxFit</b>	Michael
8:30 - 9:15	<b>Barre</b>	Danielle
9:00 - 9:55	<b>AquaFit</b>	Trish
9:30 - 10:15	<b>Shift</b>	Eddie
11:15 - 12:15	<b>Yoga (Vinyasa Flow)</b>	Vanessa

## Sunday

Time (p.m.)	Class	Instructor
1:00 - 1:45	<b>Shift &amp; Lift</b>	Eddie
4:45 - 5:45	<b>Yoga (Vinyasa Flow)</b>	Matthew

Classes and instructors are subject to change. Classes must maintain an average of five participants to remain on the schedule. Each class must have atleast three participants to be conducted.

# Group Exercise Classes

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **Barre**

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

## **Cardio Dance 101**

Join us for low impact dance movement with strength intervals. Music from the 50's, 60's, 70's and 80's.

## **CardioSculpt**

This class combines resistance training with intervals for cardio conditioning.

## **FoxFit**

FoxFit is a fitness program that combines a wide variety of functional movements and skills to a timed or scored workout. It is appropriate for any skill level, as all workouts are scaleable. **Location - Basketball Court.**

## **Group Cycling**

A cardiovascular workout on a stationary bike set to music in our new cycling studio. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level. Our Keiser bikes are compatible with Shimano SPD cleats or you may wear tennis shoes. **Location - Cycling Studio.**

## **Pi/Yo**

This class combines the benefits of Pilates and yoga into one class. All fitness levels are welcome.

## **Pilates**

Pilates combines stretching and strengthening moves that build core strength, improve posture and increase flexibility.

## **Power Push Perform**

Centered around body weight and functional movement patterns, P3 aims to develop cardio and strength while exploring the boundaries of one's mobility and endurance. Every press, every pull, every hold is broken down to the finest details to squeeze the sweat out of every last rep. Learn when to whisper and when to scream at the body.

## **Sculpt**

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

## **Sculpt 101**

In Sculpt 101, we dial back the complexity of the exercises. Attendees will use hand weights, medicine balls, body bars, etc. for resistance but muscle groups will be worked individually as opposed to more advanced "compound" exercises. This class is perfect for people new to weight lifting, recuperating from injury or those who are "balance challenged."

## **Shift**

SHiFT Uses your body weight as the tool to develop speed, balance and agility. Smart, safe and progressive movements ensure no fitness level is left behind.

## **Shift & Lift**

SHiFT Uses your body weight as the tool to develop speed, balance and agility. LiFT utilizes weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe and progressive movements ensure no fitness level is left behind

## **Tai Chi**

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.

## **Yoga - Sip and Stretch**

A traditional Hatha yoga class with an emphasis on stretching. Improve your flexibility, strength and balance while bringing your body, mind and spirit into balance.

## **Yoga - Vinyasa Flow**

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

## **Yoga - Yin**

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and thoracic spine to allow for stability in the low back and knees. Postures take place on the floor in a non-weight bearing manner and are held for longer periods of time to lengthen and strengthen connective tissues, restore energy, calm the nervous system and help in injury prevention and joint health.