

Group Exercise Schedule March 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00AM		YOGA Andrea					
7:30-8:15AM					Yogalates Missy (45 min class)	Yogalates Andrea (7:30-9:00)	
8:00-9:00AM	Low Impact Aerobics Missy		Yogalates Missy				YOGA - Andrea (8:00-9:45)
8:30-9:30AM		Silversneakers® YOGA Missy		Silversneakers® YOGA Missy	Step Circuit Missy		
9:15-10:15AM	STEP Circuit Missy		Cardio Strength Training for the Mature Adult Missy			BODY BLAST 3/7, 3/21-Sue H. 3/14, 3/28-Janet	
9:45-10:45AM		Body Sculpting Missy		Body Sculpting Missy			
10:00-11:00AM					ZUMBA Stacy		
10:30-11:30AM	SilverSneakers ® Circuit Missy		SilverSneakers ® Circuit Missy			Boot Camp/P90X Andrea	
11:00-12:00PM		ZUMBA/Strong (11-12:30) Molly		ZUMBA Ellen	SilverSneakers ® Classic Stacy	(11:45-12:30) Hip Hop Tighten & Tone- Margot	
12:00-1:00PM	Kickboxing & Core (12 – 1) Ellen		ZUMBA Christin	Hip Hop Tone & Tighten Margot (45min)			
1:15-2:15PM	SilverSneakers ® Classic Missy		SilverSneakers ® Classic Missy		SilverSneakers ® Classic Missy		
4:30-5:30PM	BODY BLAST Andrea	Yoga on the BALL Andrea	STRONG Ellen YOGA in Party Room - Noreen	PIYO Stacy	BODY BLAST Andrea		
5:00-5:45PM		POUND® in the Party Room-Janet					
5:30-6:15PM				POUND® in the Party Room - Sue			
5:45-6:45PM	ZUMBA Stacy	BODY BLAST Sue	P90X/Boot Camp Andrea	ZUMBA(5:30-6:30) Stacy	YOGA - Andrea (5:45-7:15)		
6:30-7:30PM				YOGA-Sue			
7:00-8:00PM	YOGA Andrea (7:00-8:30)	Hip Hop Tone & Tighten Margot (45min)	STEP Circuit Sue				

GROUP EXERCISE CLASS ETIQUETTE GUIDELINES

Our studio etiquette guidelines are designed so all members experience a successful, safe, and enjoyable workout. Thank you for your cooperation.

***In consideration of others, please keep conversation to a minimum.**

***In consideration of others as well, please no cell phones.**

***We politely request that all equipment be returned to the proper storage area.**

***We politely request that you not crowd another participant's space.**

***If you are new to a class, please introduce yourself to your instructor.**

***We encourage all participants to not arrive late or leave early from a class, since each class includes a warm-up and a cool-down for muscle and joint preparation and protection!**

GROUP EXERCISE CLASS DESCRIPTIONS

- **Body Blast:** Using a bar and weighted plates, this class is a total body weight lifting class all set to upbeat energizing music. The entire body will be sculpted and strengthened.
- **Body Sculpting:** An overall body shaping and firming class using weights and the body's own resistance to perform strength building exercises, challenging enough to fit all participants' needs. Both upper and lower body are emphasized during the workout as well as abdominal training, ending with an emphasis on flexibility.
- **Boot Camp:** This class is SAFE and easy to follow. It's back to the basics of Jumping jacks, push-ups, Sprints, CORE conditioning, Jumping rope, squat thrusts, bear crawls.
- **Cardio Strength Training for the Mature Adult:** A muscle conditioning class which focuses on the unique concerns of "mature" adult. This class is intense but the focus is on safety and less impact on joints.
- **Hip Hop/Tighten & Tone:** Using popular and fun dance moves to strengthen your entire body, this class targets all major muscle groups from your head to your toes. This class is upbeat, full of energy and open to those of all ages. Dance to popular hip hop songs while getting in shape.
- **Kickboxing & Core:** Sculpt and strengthen your upper and lower body with easy kickboxing moves while getting a cardio workout at the same time! Finish with abdominal exercises and some relaxation stretches.
- **PiYo:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. A mainstream mind-body class with an athletic twist.
- **POUND®:** Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® Transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.
- **SilverSneakers® Classic:** Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
- **SilverSneakers® Circuit:** Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.
- **SilverSneakers® Yoga:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.
- **STEP Circuit:** Offering participants the best of both worlds, cardiovascular conditioning and muscle toning, STEP Circuit is a fun variety of STEP... along with muscle conditioning using weights, tubes, or resist-a-balls.
- **STRONG by Zumba:** This is a HIIT class (High Intensity Interval Training). It includes 30 seconds of high intensity exercises with 30 seconds of active recovery moves for a safe, effective workout. Moves include burpees, planks, pushups, bear crawls, cardio and plyometrics. These exercises can be modified.
- **YOGA:** This class is appropriate for anyone interested in Yoga – novice through advanced participants are welcome. This class is designed to introduce participants to Yoga postures as well as helping to increase flexibility, strength, balance and mind/body awareness.
- **Yoga on the BALL:** This class will deliver an overall body workout to increase core strength and control as well as improve muscular endurance, strength and definition while using an exercise ball.
- **Yogalates:** A combination of Yoga and Pilates, this class is designed to improve strength, flexibility, balance, and mind/body awareness while offering an interesting variety of Yoga postures and Pilates exercises.
- **ZUMBA:** Latin Dancing made fun and easy to follow with motivating music!!! This class is tons of fun and an awesome sweat!!!