


GROUP FITNESS SCHEDULE AUGUST 2020

AM																							
MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
Studio A	Studio B	A & B	POOL	Studio A	Studio B	A & B	POOL	Studio A	Studio B	A & B	POOL	Studio A	Studio B	A & B	POOL	Studio A	Studio B	A & B	POOL	A & B	POOL		
		Cycle Express 6:10				Latin Groove Express 8:00												Cycle Express 6:10					
		YOGA 8:30				Fit For Life 9:00				Group Centergy 8:30				Latin Groove Express 8:00				Group Centergy 8:30	Hydro Fit 9:00	Group Blast 10:15			
		Group Power 9:45				Power Sculpt 10:00				Group Active 9:45				Fit For Life 9:00				Group Active 9:45		Group Power 11:30			
														Group Power 10:00				Core Worx 11:00					
		Tai Chi 11:15				Back In Shape 11:05				Tai Chi 11:15													
PM																				SUNDAY			
																				Studio A	Studio B	A & B	POOL
						Group Power 12:15																Barre Above 1:00	
		Group Active 4:30								Cycle Express 4:30pm				Walk 15 4:30								Group Centergy 2:00	
		Group Power 5:45	H2O Fusion 5:30		Extreme Boot Camp 5:30 GYM B	Cardio Jam 5:30				Group Power 5:30	Extreme Boot Camp 5:30 GYM B			Group Active 5:30								Group Blast 3:15	
		Cycle Express 7:00								Barre Above 6:45				Cardio Jam 6:45									
After completion of Youth Orientation - Youth ages 9-14 may participate in studio/water fitness classes with parent or guardian. Power Sculpt and Group Power age requirement is 15. Please see Wellness staff for orientation information								White - Studio Classes Green - GYM Blue- POOL				Canceled classes due to low member participation: Monday: Core Worx @ 12:15pm Saturday: Extreme Boot Camp @ 10:00am											

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CLASS DESCRIPTIONS

Back in Shape (45 min) Holly	<p>This body conditioning class includes low impact cardio, light strength/core training and stretching to improve cardiovascular health, muscle tone and flexibility. Enjoy fun moves set to great music! Designed for all fitness levels.</p>	Group Active® (55 min) Anne: 8/7,12,14,26 Erin: 8/13,20,21,24,27 Leah: 8/3,6,31,28 Elizabeth: 8/5,10,17,19	<p>Group Active is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that uses dumbbells, body weight, and The STEP. ACTIVATE YOUR LIFE!</p>	Tai Chi (45/55 min) Dink: Mon Denis: Wed.	<p>A moving meditation and a strengthening of mental focus through the flow of soft and hard movements. Gain muscle tone, endurance and improved circulation. Mon: 45 minutes</p>
Barre (45 min) Erin	<p>Barre in a no impact, total body conditioning strengthening class blending together ballet, Pilates, and light weights. The focus is on form, precision, fluidity, and small isometric movements.</p>	Group Blast® (55 min) Anne: Sat. Suzanne: Sun	<p>Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!</p>	WALK 15® Walk Aerobics (45 min) Rachel	<p>Boost your calorie burn & blast fat by adding intervals of jogging and POWER walking. Easy to follow high energy total body workout!</p>
Cardio Jam (55 min) Pam	<p>Feel the music and move your body to the beat! This easy to follow class will teach you new moves while getting a great workout. No dance experience required!</p>	Group Centergy® (55 min) Elizabeth: 8/7,21,28,5,12,26,16,23 Leah:8/14,19 Brigid: 8/2,9,30	<p>Group Centergy will grow you longer and stronger with an invigorating 60-minute mind body workout. It incorporates YOGA and PILATES fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.</p>	YOGA (55 min) Angela: Mon Canceled Monday 8/4 8/17 TBD	<p>Focus on the experience of being in your body and with your breath. Accessible to all levels, including beginners, this class is a combination of gentle & dynamic Yoga poses to help find alignment in our bodies.</p>
Core Worx (45min) Erin: 8/14,21 Elizabeth: 8/7,28	<p>Focusing on the body's midsection, this class is ideal for tightening your abdominals and glute muscles, while also improving functional strength. This class may include cardio intervals.</p>	Group Power® (55 min) Anne: 8/4,25,3,10,24,31,6,13,27 Leah: 8/17,18,11,8,22 Brigid: 8/3,12,15,29,31 Lori: 8/10,17,24,5,19,26	<p>Group Power maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart - pounding music. POWER UP!</p>	Hydro-Fit (50 min) Bob 8/7,14,21 Connie: 8/28	<p>Want a refreshing, low impact workout in the water? HydroFit is for you! Using the properties of water let us help you increase your cardiovascular endurance, coordination, agility. Flexibility and muscle strength!</p>
Cycle (45 min) Curtis: Mon am Lori: Fri am Bob:8/5,12,19 Connie: 8/17,31 Brigid: 8/3,26 Beth: 8/18,24	<p>You will be challenged with high resistance hill climbs that will tone your muscles and sprints that will make your heart pump! You will have a mix of song length intervals and some structured intervals. Express classes are 45 min.</p>	Latin Groove (45 min) Anne 4,11,25 Canceled 8/18,20	<p>Latin groove is a feel- happy dance workout that combines Latin and international music that allows participants to groove and move their way to fitness! Express classes 45 min.</p>	Hydro-Power (50 min) Erin: 8/18,25 Connie: 8/4,11	<p>Are you ready to increase the intensity of your water workout? If so join us for HydroPower! Participants are coached through a rugged workout of drills, tabatas, circuits and interval training!</p>
Extreme Boot Camp (55 min) Lori: Tues/Thurs	<p>Come ready for body weight exercises combined with interval training and strength training. Weather permitting- class may be held outside or at tactical locker weather permitting.</p>	Power Sculpt (45 min) Angela 11,18,25 Elizabeth 4	<p>Sculpt your body with light resistance training specifically designed to reshape each muscle group and designed for maximal calorie burn.</p>	H2O Fusion (50 min) Val	<p>This high energy, fun filled class is fused with cardio building moves such as kicking, punching, and interval strength training! Burn calories and tone your body!</p>
Fit For Life (45 min) Jill	<p>Fit for life utilizes a variety of equipment in both seated and standing positions to improve strength, balance, flexibility and endurance.</p>				

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