

# Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:30 (Yoga) 5:30 - 6:15 (Cycle)	<i>Cycle</i> Geneive	Hatha Yoga Blend II Terri	<i>Cycle</i> Geneive	Hatha Yoga Blend II Terri	<i>Core Yoga / Thea</i> <i>Cycle / Geneive</i>
7:00 - 7:30	<i>Xpress Fit / Steve</i>	<i>Xpress Fit / Steve</i>	<i>Xpress Fit / Steve</i>	<i>Xpress Fit / Steve</i>	
8:30	<i>Yoga Sadhana</i> Dianna		<i>Yoga Sadhana</i> Cynthia		<i>Yoga Sadhana</i> Millie
(11:30 Power Yoga) 11:45 - 12:30	<b>Tae Bo</b> Melanie	<b>CrossFit</b> Carol	<b>Power Yoga</b> (starts at 11:30)	<b>Balance &amp; Core</b> Pam	<b>CrossFit</b> Carol
	<i>Cycle</i> Dwayne	<i>Cycle</i> Dianna	<i>Cycle</i> Pam	<i>Cycle</i> Beatrice	<i>Cycle</i> Beth
3:00 - 3:30	<i>Xpress Fit / Millie</i>		<i>Xpress Fit / Millie</i>		
3:30 p.m.	(3:50 p.m.) Hatha Yoga I&II Terri	<b>Full Body Sculpt</b> Eileen	(3:50 p.m.) Hatha Yoga Blend II Terri	<b>Full Body Sculpt</b> Eileen	
4:00 p.m.	<i>Cycle</i> Beatrice	<i>Cycle</i> Beatrice	<i>Cycle</i> Tracy	<i>Cycle</i> Beatrice	<i>TaiChi outside</i> John
4:00 (CrossFit) 4:45 (Yoga)	<b>CrossFit</b> outside Carol	Hatha Yoga Blend I Terri		Hatha Yoga I&II Terri	
5:00 p.m.	<b>ZUMBA</b> Katie		<i>TaiChi-Yoga</i> John		Hatha Yoga I&II Laura
6:00 - 7:00	<i>Cycle / Beatrice</i>	<i>Cycle / Beatrice</i>		<i>Cycle / Beatrice</i>	
6:00 - 7:00		<b>KickBox Aerobics</b> Rebecca		<i>La Bomba Fitness</i> Carmen	

## **Group Exercise Descriptions**

**Balance & Core:** Challenge your senses with balance and core strength in this new workout mode! Balance tends to slip away as we age if we don't keep it working. This class will help hone your balance skills while building strength in a fun and moving atmosphere! (45 min.)

**CrossFit:** is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. (45 min T&F, 60 min M)

**Cycle:** Join the high energy pack as they simulate riding on real road racing bikes to great music. Spin Cycling is a stationary biking, kick-in-the-pants workout for all fitness levels that will get you fit fast! (45 min a.m. & noon; 60 min p.m.)

**Full Body Sculpt:** A wide variety of movements to chisel your entire body. This workout changes weekly incorporating body bars, BOSU's, dumbbells, elastic tubes, balls, steps and stability balls to improve muscular strength, endurance and balance. Suitable for all levels. (45 min.)

**Kick Box Aerobics:** Take your body back as you kick, punch & jump your way to fitness in this fun & invigorating Kick Box class! (60 min)

**La Bomba Fitness:** A fun and exciting, easy to follow, dance inspired workout alternative that includes full body cardio conditioning that works and strengthens your entire body from "head to toe" all while you're having fun, learning the basics of Latin Dance 4 Fitness! No dance experience required and suitable for all fitness levels.

**Tai Chi:** Often described as "meditation in motion" is a noncompetitive, self-paced system of gentle physical exercise and stretching, promoting serenity through gentle movements — connecting the mind & body. (60 min.)

**Yoga: Hatha Blend I** ~ Tuesday 4:45pm (60 min)

For beginning students to learn correct alignment and breathing in basic yoga postures.

**Hatha Blend I & II** ~ Monday 3:50pm/Thursday 4:45pm/Friday 5:30 am & pm (60 min)

For students who have attended Level 1 classes and are ready for a more advanced beginning class. The basic postures are presented in more challenging ways with a focus on the fundamentals of yoga.

**Hatha Blend II** ~ Tuesday/Thursday: 5:30am Wednesday 3:50pm (60 min)

Designed to take students to the intermediate level. Further strength, stamina, and flexibility will be required as more advanced postures and sequences are introduced.

**Power Yoga** ~ Wednesday: 11:30 am (60 min)

Add some stretching to your lifting routine with a vigorous, fitness-based approach to vinyasa-style Yoga with an emphasis on flexibility and strength.

**Core Yoga** ~ Friday: 5:30am (60 min)

Challenging your strength, stamina, and flexibility with an emphasis on the torso core musculature.

**Yoga Sadhana:** Designed for the 50 years and up generations, emphasis on balance, strength, endurance, mental and physical health...and fun! (60 min)

**Zumba:** Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix while burning mega kcals. (60 min)