



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

October 1- November 30

Schedule subject to change

Group Ex.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7a	Les Mills BodyPump® (Eleanor) 5:45a-6:45a	Step (Marilynn)	Total Body Blast (Rossana)	Step Interval (Marilynn)	LesMills BodyCombat® (Eleanor) 5:45a-6:45a	
7-8a	Express Core (Eleanor) 7am-7:30am	Yoga (Staff)	P90X Live® (Kim)	Yoga (Sean)	Les Mills BodyPump®* (Karolina)	TRX® Group Training* (Brent) 7a-7:45a
8-9a		Tai Chi/Stretch (Sean)		Tai Chi/Stretch (Sean)		Advanced Step (Marilynn)
9-10a	C.S.I. (Maria)	Total Fit (Kim)	C.S.I. (Tai)	Total Fit (Kim)	C.S.I. (Tai)	Total Ball (Marilynn)
10-11a	P90X Live® (Kim) Group Ex	Silver Sneakers® Circuit (Genevieve) 10:15a-11:15a	Zumba® Gold (Leizle)	Silver Sneakers® Circuit (Faira) 10:15a-11:15a	Zumba® Gold (Teri)	Boot Camp (Adriana)
	Y's Way to Fitness (Maria) Studio B					
11:15a-12:00p	Silver Sneakers® Classic (Elana)	Silver Sneakers Stability® (Elana) 11:20a-12:05p	Silver Sneakers® Classic (Adriana)	Silver Sneakers Stability® (Elana) 11:20a-12:05p	Silver Sneakers® Classic (Elana)	Zumba® (Kamiko) 11:15a-12:15p
12:15p-1p	Silver Sneakers® Classic (Elana)	T.A.G. (Jonelle)	Silver Sneakers® Classic (Adriana)	T.A.G. (Jonelle)	Silver Sneakers® Classic (Elana)	
4:30p-5:25p	TRX® Group Training* (Brent) 4:45p-5:25p	Zumba® (Nef)	Les Mills BodyPump®* (Sharon) 5:00p-5:55p	Zumba® (Nef)		
5:30p-6:25p	Zumba® (Marlene)	Step Interval (Marilynn)	Zumba® (Marlene) 6:00p-6:55p	Les Mills BodyPump®* (Nef)	Zumba® Kids (Leizle) 5:00p-6:00p	
6:30p-7:25p	Les Mills Body Combat® (Elva)	Zumba® (Kamiko)	TRX® Group Training* (Brent) 7:00p-7:40p	Zumba® (Leizle)		
7:30p-8:30p	Cardio Sculpt (Manuel) 7:45p-8:45p	Yoga (Pamela)	Cardio Sculpt (Manuel) 7:45p-8:45p	Yoga (Pamela)		

Cycle Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a-7:00a	Cycling (Susanne)		Cycling (Kim)		Cycling (Genevieve) 7:30a-8:30a	Cycling (Adriana) 9:00a-10:00a
6:30p-7:30p	Cycling (Susanne) 5:30p-6:30p	Cycling (Astrid) 6:30p-7:30p	Cycling (Elizabeth) 6:30p-7:30p	Cycling (Chett) 6:30p-7:30p		
	Cycling Adriana 7:00p-8:00p					

Mind, Body, Yoga Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a-7:00a	Total Body Blast (Rossana)		Y's Way to Fitness (Sarah)	Total Body Blast (Rossana)	Y's Way to Fitness (Sarah)	
8:00a-9:00a	Yoga (Shauna) 8:30a-9:25a	Pilates (Jonelle)	Pilates (Michele) 8:30a-9:25a	Pilates (Faira)	Yoga Flow (Jenni) 8:30a-9:25a	
9:00a-10:00a	Barre* (Michele) 9:30a-10:30a	Pilates* (Michele)	Barre* (Michele) 9:30a-10:30a	Pilates* (Faira)	Barre* (Michele) 9:30a-10:30a	
10:00a-11:00a		Pilates Plus (Michele)		Pilates Plus (Jonelle)		PiYo (Sean) 11:00a-12:00p
6:30p-7:30p	Yoga Flow (Shauna)	Boot Camp** (Adriana) 6:00p-7:00p	Yoga Flow (Simon)			



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# WORKING OUT TOGETHER FOR A HEALTHIER YOU!



Cardio	
<b>Les Mills Body Combat®</b>	This fiercely energetic program is inspired by martial arts, and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi, and Muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.
<b>Cardio Sculpt</b>	A great mixture of aerobics, cardio while building and sculpting muscles from upper and lower body, strengthen your core, improve your strength and flexibility while burning fat and calories.
<b>CSI (CARDIO STENGTH INTERVAL) Cycle</b>	This cardio/strength combination class alternates strength exercises to sculpt every major muscle group with easy to follow cardio moves incorporating strength and toning.
<b>Step</b>	This low impact/high intensity class uses a combination of moves on the step with intervals of body conditioning. Variations of classes include Interval class and Advanced Step.
<b>Zumba®</b>	This cardio class uses a mix of Latin and International music to create a dynamic, fun and effective workout. This class is designed to use interval-training format, combining various rhythms with movements that tone and sculpt the body.
<b>Zumba® Gold</b>	This class is an innovative fun and exciting. It is designed for the active older adult, beginners and people who are not used to exercising, or those who may be limited physically. Zumba Gold is done at a lower intensity but fun!

Strength and Conditioning	
<b>Express Core</b>	An express workout that targets all core muscles with crunches, planks, extensions and more. The focus is overall strengthening of the core section. Designed for all ability levels with modifications offered. Since this is an express class, warming up for at least 5 minutes before is recommended.
<b>Les Mills Body Pump®</b>	Body Pump® gives you a total workout that burns calories, shapes, and tones without building bulky muscles. Instructors will show you all the moves/techniques to make your first class safe, fun and motivating.
<b>Boot Camp**</b>	An advanced exercise class consisting of plyometrics, strengthening, endurance and muscle conditioning. Tuesday 6:00pm Boot Camp will meet with Adriana in the Front Lobby.
<b>P90X Live®</b>	Full-body strength training format, featuring four blocks of work: CardioX, Lower Strength, Upper Strength and X Core. The DVD program once designed for at-home use has been revamped for live studio setting. Live is suitable for all fitness levels and is fully modifiable
<b>TAG (Thighs Abs Glutes)</b>	Focusing primarily on the core muscles – abdominals, lower back, hips, glutes, and thighs – this popular 45-min. express workout is a great compliment to any exercise program.
<b>Total Ball</b>	A total body strengthening and toning workout with the stability ball, working the core and balance at the same time.
<b>Total Body Blast</b>	Want to work your heart, tone your arms, tighten your abs, glutes, and legs? Come join this high intensity class for wide variety of exercises that leaves no room for boredom. A beginner? Don't worry. Modify and go at your own pace until you get stronger. Total Body Blast will get you fit, energized, and ready to start your day!
<b>Total Fit</b>	Taught by a Certified Personal Trainer with specific attention geared to the individual needs of the members. Includes weight training with hand weights, bands and stability balls. Some cardio, floor work and stretching.
<b>TRX®</b>	Designed to develop your core strength, the emphasis of this class is placed on teaching the foundational exercises to prepare you for more advanced workouts. With this simple, challenging and full body workout, you will build strength and stamina, increase total body mobility and stability, and strengthen your core. This class also may include cardio, flexibility and balance elements. TRX® Group Training is a fun and invigorating workout that is appropriate for all levels and no prior experience is necessary. Limited spots

Mind and Body	
<b>Pilates</b>	Developed over 90 years ago, this method of low impact body conditioning strengthens core muscles, improves balance and flexibility.
<b>Pilates Plus</b>	Strength, endurance and flexibility; suitable for all students who have experience with Pilates. Int/Advanced
<b>PiYo</b>	This Class will combine the benefits of both Pilates and Yoga and focuses on linking breath and movement, incorporating beginner, intermediate and advanced postures in a flowing sequence.
<b>Tai Chi/Stretch</b>	Relieve stress and create positive energy through the use of breath and movement. Improve your balance through stretching and strength exercises
<b>Barre</b>	A unique, low-impact, high-energy fusion of Pilates, ballet, and weight resistance designed to tone, long, lean muscles.
<b>Yoga</b>	Focus is on breathing, strength development, proper alignment for maximum flexibility and transitions between poses. Re-energize your spirit, calm your mind and enjoy the journey.
<b>Yoga Flow</b>	A mixed-level class. We will flow through yoga poses while connecting breath with movement. Focus is on stretching, strengthening, and opening the body as well as proper alignment, breath work and a short meditation. Good for beginners and those who have prior yoga experience.

Active Older Adults	
<b>Silver Sneakers® Classic</b>	Have fun and move to the music through a variety of exercises designed to increase flexibility, muscular strength, range of movement and balance. Hand held weights, elastic tubing and a silver sneaker ball are offered for resistance exercises. A chair is used for seated exercises or standing support.
<b>Silver Sneakers® Circuit</b>	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.
<b>Silver Sneakers® Stability</b>	Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of the individual participant. A chair may be used for balance and support
<b>Y's Way to Fitness</b>	This National YMCA Class is a great, fun class for beginners, seniors and all wanting a low level of exercise and conditioning including low-impact and body sculpting.

\*Class passes for Barre, BodyPump® and TRX® and 9am Pilates are required. Passes are distributed at front desk starting one hour before class.  
\*\*6pm Tuesday Boot Camp will be located in front grass area  
Group Ex Age Requirement: 14 years or older