

# Fall 2020

## GROUP FITNESS CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin (Gym) 6:15 AM (Christine)	Spin (Gym) 6:15 AM (Catherine)	Spin (Gym) 6:15 AM (Christina)	Spin (Gym) 6:15 AM (Catherine)	Spin (Gym) 6:15 AM (Wendy)	Spin* (Gym) 7:15 AM (Mark)	Spin* (Gym) 8:30 AM (Wendy)
Barre Burn (Studio 2) 8:30 AM (Kristi)	Yoga I/II (Studio 2) 6:15 AM (Kris)	Spin (CAC Patio) 8:00 AM (Emily)	Express Train (Studio 1) 6:30 AM (Beth)	Yoga Int. Strength (Studio 1) 6:15 AM (Niki)	Pilates Strong (Studio 2) 8:30 AM (Angie)	Yoga I / II (Studio 1) 9:30 AM (Karol)
Super Sculpt (Studio 1) 8:30 AM (Shannon)	Yoga I/II (Studio 2) <b>New class</b> 8:00 AM (Maggie)	Barre Burn (Studio 2) 8:30 AM (Julie)	Spin (Gym) 8:00 AM (Mark)	Barre Burn (Studio 2) 8:30 AM (Kristi)	Water Works (Pool) 8:30 AM (Stephanie)	
Spin (CAC Patio) <b>In gym if inclement weather</b> 9:30 AM (Emily)	Express Train (Studio 1) 6:30 AM (Beth S)	Core Flow (Studio 1) 8:30 AM (Shannon)	Super Sculpt (Studio 1) 8:30 AM (Nicole)	Super Sculpt (Studio 1) 8:30 AM (Beth)	Super Sculpt (Studio 1) 8:30 AM (Nicole)	
Yoga I/II (Studio 2) 9:30 AM (Ronda)	Boot Camp (Studio 1) 8:30 AM (Lisa)	Water Works (Pool) 9:30 AM (Shannon)	Zumba (Studio 2) 8:30 AM (Karen)	Spin (Gym) 9:30 AM (Catherine)	Spin* (Gym) 8:30 AM (Kristel)	
Water Works (Pool) 9:30 AM (Shannon)	Pilates Formula (Studio 2) 9:30 AM (Angie)	Dance Jam (Studio 1) 9:30 AM (Sara)	Pilates Mat Fusion (Studio 2) 9:30 AM (Beth)	Dance Jam (Studio 1) 9:30 AM (Julie)	Yoga I (Studio 2) 9:30 AM (Mary)	
Strength/Core (Studio 1) 9:30 AM (Kristi)	Super Sculpt (Studio 1) 10:30 AM (Jackie)	Yoga II (Studio 2) 9:30 AM (Dawn)	Spin (Gym) <b>New class</b> 9:30 AM (Nicole)	Pilates I (Studio 2) 10:30 AM (Laura)	Zumba (Gym) 9:30 AM (Barbra)	
Oasis Complete Fit (Studio 1) 10:45 AM (Dawn)	Super Sculpt (Studio 1) 4:30 PM (Karen)	Pilates I (Studio 2) <b>New class</b> 10:30 AM (Angie)	Yoga I (Studio 2) 10:45 AM (Derek)		Yoga I/II (Studio 1) 10:00 AM (Dawn)	
Water Works (Pool) <b>Max 12</b> 12:45 PM (Beth)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)	Spar Fit (Gym) 4:30 PM (John)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)			
WERQ (Studio 1) 4:30 PM (Sarella)	Spin (Gym) 6:30 PM (Lisa)	Spin (Gym) 5:30 PM (Wendy)	Water Works (Pool) <b>Max 12</b> 5:30 PM (Stephanie)			
Express Train (Studio 1) 5:30 PM (Beth P)	Restorative Yoga (Studio 2) 6:30 PM (Derek)	Kettlebell AMPD (Studio 1) 5:30 PM (Jackie)	Barbell Rip* (Studio 1) 6:30 PM (Beth P) <b>New class</b>			Class schedule may be subject to change.
Yoga I (Studio 2) 6:30 PM (Derek)		Zumba (Gym) 6:30 PM (Barbra)				

### PLEASE NOTE THE FOLLOWING FALL 2020 CLASS GUIDELINES:

All classes are 45 minutes. (\*Exceptions: Saturday & Sunday Spin Classes are 55 minutes. Thursday 6:30 PM Barbell Rip is 55 minutes).

Please bring your own mat and water bottle. Bring your own gloves for boxing class.

Sign up for classes online or on the HealthTrack App. Classes will have a limited capacity. See below for class capacities:

CAPACITIES: GYM CLASSES 27 • OUTDOOR CLASSES 15 • STUDIO 1 19 • STUDIO 2 15 • POOL 18 (12 FOR WATERWORKS ON MONDAY AT 12:45 PM & THURSDAY AT 5:30 PM) • SPAR FIT 10

UPDATED 9/13/20

# FALL 2020 CLASS DESCRIPTIONS

**BARRE BURN:** In this class, HIT meets the ballet bar with 30 minutes of intense cardio followed by 30 minutes of Barre work. Come and be energized!

**BOOT CAMP:** Get in the best shape ever in this intense boot camp style class. Soldier through this grueling class and you will burn calories and tone your entire physique!

**CORE FLOW:** This class takes you through a series of exercise progressions to improve core strength and stability as well as balance and flexibility. The Bosu trainer will be used along with other studio equipment.

**DANCE JAM:** For the fierce dancer in you! A little Zumba, a little hip hop, a lot of fun! Burn tons of calories and strengthen your body in this upbeat, fast-paced class.

**EXPRESS TRAIN:** No coffee clutch here! 45 minutes, all business! This interval style class will challenge your cardiovascular fitness, strength, and core with a new challenge each week. Whether body weight exercise sessions, dumbbells, or a circuit of varied equipment, this is one "board meeting" guaranteed to kick start your day!

**KETTLEBELL AMPD:** Let's get loud! In this class, kettlebell training is set to heart-pumping music to create a fun, energetic one-of-a-kind experience. We use the rhythm, speed and phrasing of the music to keep all class participants on the same pace.

**OASIS COMPLETE FITNESS:** Older Adults Staying In Shape is everything you need to stay fit. 20 minutes of light aerobics to fun music for cardiovascular health, 20 minutes of functional weight training increasing bone density and muscle mass while learning the correct way to move and lift heavy objects, and 20 minutes of balance training.

**PILATES 1:** Learn the key principles of Pilates (correct breathing, proper posture and alignment) while engaging your powerhouse through a series of dynamic movements to strengthen and tone (lengthen) muscles, and improve posture and flexibility.

**PILATES FORMULA:** This multi-level class will effectively strengthen, tone, and lengthen the entire body through the Pilates method, high reps, and small movements. Light weights are used to achieve a chiseled upper body while the matwork targets the legs, glutes, abdominals and pelvic floor. This class improves posture and creates definition.

**PILATES MAT FUSION:** This is a blend of introductory to advanced mat-based training. Challenges include alternating breath rhythms, modification of exercises and flow. This class will incorporate the use of foam rollers, balls, bands, circles and weighted toning balls. Previous Pilates experience recommended.

**RESTORATIVE YOGA:** Suitable for all levels. Seated or lying down throughout this practice, you will find length through the connective tissue layers throughout the body. We will use time and gravity to find softness in the body.

**SPAR FIT:** Come get your sweat on in this fun energetic boxing class! Jump ropes, bags, weights, core and more. Bring your own gloves.

**SPIN:** Come prepared to go on an hour-long journey focusing on muscular endurance, muscular strength, cardiovascular endurance, and cardiovascular strength! Bike availability is on a first come, first serve basis. Water bottles and heart rate monitors are strongly encouraged. New participants should arrive early for proper bike set-up.

**STRENGTH/CORE:** Total body conditioning using a variety of strength equipment and a focused core workout for a leaner, stronger body.

**SUPER SCULPT:** A low-impact weighted class that uses hand weights, body bars and more to strengthen and tone your muscles.

**WATER WORKS:** This water workout provides the ultimate in cardiovascular and muscle conditioning. A variety of movements are used to work all major muscle groups. Aquatic equipment will be incorporated.

**YOGA I:** Suitable for all levels. Build your foundation in Vinyasa yoga getting to know the basics of our most common yoga postures. As you flow through your practice we will focus on alignment, slow things down, and allow you to reconnect with your breath.

**YOGA I/II:** Bring balance to both your mind and body through effort complimented by relaxation. Proper breathing and stretching techniques make this class a great stress reducer and energy booster.

**YOGA II:** Suitable for all levels. This dynamic Vinyasa flow class will challenge you throughout. We will build heat by linking our breath to our movement with a focus on balance, strength, and flexibility.

**YOGA INTEGRATED STRENGTH:** Yoga postures, bodyweight strength moves, isometrics and core work blend with deep flexibility and mental focus, make this class ideal for those looking to improve functionally for sport or daily living. Emphasis is on proper body alignment. All levels welcome.

**ZUMBA:** This popular fitness class fuses Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind cardio class! Try this one exciting hour of calorie-burning fun!