



# BEGINS SEPTEMBER 13 **Fall 2021** GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga I/II (Studio 2) 6:00 AM (Derek)	Express Train (Studio 1) 5:30 AM (Beth S)	Spin (Spin Studio) 5:30 AM (Megan)	Express Train (Studio 1) 5:30 AM (Beth S)	Ride and Reps* (Spin Studio) 6:00 AM (Beth P) <b>60 min</b>	Spin (Spin Studio) 7:15 AM (Jackie)	Spin (Spin Studio) 8:30 AM (Wendy)
Spin (Spin Studio) 6:00 AM (Wendy)	Yoga I/II* (Studio 2) <b>45 min</b> 6:15 AM (Kris)	Spin (Spin Studio) 8:00 AM (Emily)	Bootcamp (Studio 1) 8:30 AM (Lisa M)	Yoga I/II (Studio 2) 6:00 AM (Juliet)	Spar Fit (Gym) 8:15 AM (John & Katie)	Yoga I/II (Studio 2) 9:30 AM (Maggie/Staff)
Barre Burn (Studio 2) 8:30 AM (Kristi)	Dance Jam (Studio 1) 8:30 AM (Julie)	Barre Burn (Studio 2) 8:30 AM (Julie)	Zumba (Studio 2) 8:30 AM (Karen)	Barre Burn (Studio 2) 8:30 AM (Kristi)	Water Works (Pool) 8:30 AM (Stephanie)	Ab Lab (Studio 1) <b>15 minutes</b> 9:30 AM (Andrea Z)
Super Sculpt (Studio 1) 9:00 AM (Megan) <b>New time</b>	Ride and Reps (Spin Studio) 9:00 AM (Lisa) <b>New instructor</b>	Core Flow (Studio 1) 8:30 AM (Dawn)	Super Sculpt (Studio 1) 9:30 AM (Nicole)	Super Sculpt (Studio 1) 8:30 AM (Beth)	Spin* (Spin Studio) 8:30 AM (Kristel)	Interval Express* (Studio 1) 9:45 AM (Andrea Z)
Spin (Spin Studio) 9:30 AM (Emily)	Pilates Formula (Studio 2) 9:30 AM (Angie)	Water Works (Pool) 9:30 AM (Jen)	Pilates Mat Fusion (Studio 2) 9:30 AM (Beth)	Yoga I/II (Studio 2) 9:30 AM (Niki)	Barre Burn (Studio 2) <b>New class</b> 8:30 AM (Julie) <b>Begins Sept. 25</b>	
Yoga I/II (Studio 2) 9:30 AM (Ronda)	Super Sculpt (Studio 1) 9:30 AM (Jackie)	Yoga II (Studio 2) <b>New instructor</b> 9:30 AM (Stephanie)	Water Works (Pool) 9:30 AM (Penny)	Spin (Spin Studio) 9:30 AM (Megan)	Super Sculpt (Studio 1) 9:00 AM (Karen C)	
Water Works (Pool) 9:30 AM (Jen)	Water Works (Pool) 9:30 AM (Penny)	Dance Jam (Studio 1) 9:30 AM (Sara)	OASIS Yoga (Studio 2) 10:30 AM (Kristin) <b>60 min</b>	Dance Jam (Studio 1) 9:30 AM (Julie)	Yoga I (Studio 2) 9:30 AM (Mary)	
Fit After 50 Fitness (Studio 1) 10:30 AM (Dawn)	Yoga I/II (Studio 2) 10:30 AM (Niki) <b>New class</b>	Pilates I (Studio 2) 10:30 AM (Angie)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)	Water Works (Pool) 9:30 AM (Mo) <b>New class</b>	Zumba (Studio 1) 10:00 AM (Barbra)	
Studio Cycle Core (Spin Studio) 1:00 PM (Lisa) <b>New class</b>	Super Sculpt (Studio 1) 4:30 PM (Karen)	Warm Water Pilates** (Ther Pool) 12:00 PM (Laura)	Water Works (Pool) 5:30 PM (Stephanie)	Pilates I (Studio 2) 10:30 AM (Laura)	Yoga I/II (Studio 2) 10:30 AM (Juliet)	
WERQ (Studio 1) 4:30 PM (Sarella)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)	Barre Express* (Studio 2) <b>45 min</b> 4:30 PM (Ronda) <b>New class</b>		Fit After 50 Fitness (Studio 1) 10:45 AM (Janet)		
Yoga I/II (Studio 2) 4:30 PM (Juliet)	Water Works (Pool) 5:30 PM (Linda P)	Express Train (Studio 1) 5:30 PM (Beth P)				
Barbell Rip (Studio 1) 5:30 PM (Beth P) <b>75 min</b>	Balance & Breath (Ther Pool) 6:30 PM (Linda)	Zumba (Studio 1) 6:30 PM (Barbra)				
Yoga I/II (Studio 2) 6:30 PM (Kristin/Maryann)	Spin (Spin Studio) 6:30 PM (Lisa) <b>New time</b>					
Spin (Spin Studio) 6:30 PM (Jackie N)	Restorative Yoga (Studio 2) 6:30 PM (Derek)					

All classes marked with an asterisk (\*) are 45 minutes.

Classes highlighted in orange are appropriate for beginners and feature a gentler format.

# FALL 2021 CLASS DESCRIPTIONS

**AB LAB:** Ready to fire up your core? Slay this 15 min ab workout by hitting all your core muscles in a creative way.

**BALANCE AND BREATH:** Join us in the therapy pool for a 45 minute much needed mobility, breath, movement, mind, body focus class. Instructor may use flotation devices for your comfort. All levels welcome.

**BARBELL RIP:** Move through squats, lunges, chest and overhead presses, as well as tricep dips and bicep curls. The intensity depends on how much weight you add to the bar. Come try this fun class set to great music!

**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!

**BARRE EXPRESS:** Come join this fun-filled Barre class that will work every small muscle group and break a sweat! Barre Express is a 45 minute class.

**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! 15 minutes of core followed by 45 minutes of interval training! 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!

**FIT OVER FIFTY FITNESS:** Research has shown that exercise can slow down the physiological aging clock. Join us for cardio strength mobility training and stretch. Increase bone density, muscle mass, and mobility.

**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.

**RIDE AND REPS:** Can't decide between a cycling or weights class? Now you don't have to choose... join us for indoor cycling and strength work combined into one amazing class.

**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.

**VIRTUAL SPIN:** Experience this 30 minute spin class with our big screen for a virtual ride!

**WARM WATER PILATES:** Non impactful way to target all the muscles in your body. This class will use noodles, bands and weights to utilize the workout in the most effective way. This class is great for those just getting back to fitness, as the environment is soothing, focusing on breath and balance and strength for the core. This is a 45 minute class.

**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.

**WERQ:** WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm-up previews the dance steps in class, the cool down combines stretching and balance poses.

**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.

**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!