



# GROUP FITNESS CLASS SCHEDULE • FALL 2023

BEGINS  
9/25/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Yoga (Mind Body Studio) 6:00 AM (Nadia)	Optimum Burn (Studio 1) 5:30 AM (Beth S)	Spin (Spin Studio) 6:00 AM (Megan)	Optimum Burn (Studio 1) 5:30 AM (Beth S)	Ride and Reps* (Spin Studio) 6:00 AM (Emily/Megan)	Spar Fit (Gym) 8:15 AM (Ahmad)	Spin (Spin Studio) 8:30 AM (Wendy)
Spin (Spin Studio) 6:00 AM (Mark)	Yoga I/II* (Studio 3) 6:00 AM (Kris)	Spin (Spin Studio) 8:00 AM (Emily)	Bootcamp (Studio 1) 8:30 AM (Lisa M)	Power Yoga (Mind Body Studio) 6:00 AM (Juliet)	Water Works (Pool) 8:30 AM (Stephanie)	Optimum Burn (Studio 1) 9:00 AM (Erin) <i>New Time</i>
Barre Burn (Studio 2) 8:30 AM (Kristi)	Spin Express* (Spin Studio) 8:00 AM (Joyce)	Barre Burn (Studio 2) 8:30 AM (Julie)	Zumba (Studio 2) 8:30 AM (Karen)	Barre Burn (Studio 2) 8:30 AM (Julie)	Barre Burn (Studio 2) 8:30 AM (Julie)	Yoga I/II (Studio 2) 9:30 AM (Maggie/Milena)
Super Sculpt (Studio 1) 9:00 AM (Megan)	Tabata Tuesday* (Studio 1) 8:30 AM (Julie L)	Strength/Core (Studio 1) 8:30 AM (Erin)	Ride and Reps (Spin Studio) 9:00 AM (Julie)	Super Sculpt (Studio 1) 8:30 AM (Beth)	Power Yoga (Mind Body Studio) <i>New Class</i> 8:30 AM (Meghan) <i>New Instructor</i>	Express Tabata & Stretch (Studio 1) 10:00 AM (Renee) <i>New Class - 30 min</i>
Body Blitz* (Mind Body Studio) 9:30 AM (Renee)	Ride and Reps (Spin Studio) 9:00 AM (Lisa)	Water Works (Pool) 9:30 AM (Shannon)	Body Blitz* (Mind Body Studio) 9:30 AM (Renee)	Yoga/Foam Roller (Mind Body Studio) 8:45 AM (Erin) <i>New Class</i>	Super Sculpt (Studio 1) 9:00 AM (Karen C)	Tai Chi (Studio 2) 10:45 AM (Milena)
Spin (Spin Studio) 9:30 AM (Emily)	Pilates Formula (Studio 2) 9:30 AM (Angie)	Power Yoga (Mind Body Studio) 9:30 AM (Juliet)	Super Sculpt (Studio 1) 9:30 AM (Nicole)	Yoga I/II (Studio 2) 9:30 AM (Niki)	Spin (Spin Studio) 9:00 AM (Grace)	
Yoga I/II (Studio 2) 9:30 AM (Francile) <i>New Instructor</i>	Dance Jam (Studio 1) 9:30 AM (Sara)	Dance Jam (Studio 1) 9:30 AM (Julie)	Pilates Mat Fusion (Studio 2) 9:30 AM (Beth)	Spin (Spin Studio) 9:30 AM (Megan)	Yoga I/II (Studio 2) 9:30 AM (Mary)	
Water Works (Pool) 9:30 AM (Terri)	Water Works (Pool) 9:30 AM (Penny)	Pilates I (Studio 2) 10:30 AM (Angie/Laura)	Water Works (Pool) 9:30 AM (Penny)	Dance Jam (Studio 1) 9:30 AM (Julie)	Zumba (Studio 1) 10:00 AM (Barbra)	
Active Aging Fitness (Studio 1) 10:30 AM (Shannon)	Body Blitz (Mind Body Studio) 9:30 AM (Kristi)	Better Balance (Studio 2) 11:45 AM (Shannon)	OASIS Yoga (Studio 2) <i>60 min</i> 10:30 AM (Kristin)	Water Works (Pool) 9:30 AM (Shannon - Dawn begins 10/11)	Pilates & More (Studio 2) 10:30 AM (Greta)	
Pilates Mat Fusion (Studio 2) 10:30 AM (Angie)	Yoga I/II (Studio 2) 10:30 AM (Niki)	Warm Water Pilates** (Therapy Pool) 12:00 PM (Laura)	Restorative Yoga (Mind Body Studio) 12:00 PM (Milena)	TRX** (Fitness Floor) 10:00 AM (Daniela) <i>Begins 10/27</i>		
Better Balance* (Studio 2) 11:45 AM (Shannon)	TRZ+X Basics** (Fitness Floor) 11:00 AM (Daniela)	Barre Express* (Studio 2) 4:30 PM (Derek)	HT45* (Studio 1) 4:45 PM (Shannon) <i>New Class</i>	Pilates I (Studio 2) 10:30 AM (Laura)		
Spin (Spin Studio) 1:00 PM (Lisa)	Restorative Yoga (Mind Body Studio) 1:00 PM (Derek)	Spar Fit (Gym) 4:30 PM (Ahmad/John)	Water Works (Pool) 5:30 PM (Stephanie)	Active Aging Fitness (Studio 1) 10:45 AM (Shannon)		
Dance HIIT (Studio 1) 4:30 PM (Sarella)	Super Sculpt (Studio 1) 4:30 PM (Karen)	Optimum Burn (Studio 1) 5:30 PM (Erin)	Beginner Spin* (Spin Studio) 5:30 PM (Joyce)	Chair Yoga (Studio 2) 11:45 AM (Shannon)		
Yoga I/II (Mind Body Studio) 4:30 PM (Juliet)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura)	Pilates & More (Studio 2) 5:30 PM (Greta)	Pilates Mat Fusion (Studio 2) 5:30 PM (Laura) <i>1<sup>st</sup> Thursday/month</i>	Warm Water Tai Chi (Therapy Pool) 12:00 PM (Milena)		UPDATED 11/6/23
Barbell Rip (Studio 1) 5:30 PM (Francile)	TRX Strong** (Fitness Floor) 5:30 PM (Derek)	Zumba (Studio 1) 6:30 PM (Barbra)	Dance Jam (Studio 1) 6:00 PM (Darci)	<p><i>All classes marked with an asterisk (*) are 45 minutes.</i></p> <p>Classes highlighted in <b>yellow</b> are appropriate for beginners and feature a gentler format.</p> <p>**SIGN-UP REQUIRED FOR INDICATED CLASSES</p> <p>NOTE: ALL YOGA CLASSES START PROMPTLY. PLEASE ARRIVE ON TIME.</p> <p>CHECK THE HEALTHTRACK APP FOR THE MOST UPDATED SCHEDULE</p>		
Yoga I/II (Studio 2) 5:30 PM (Kristin)	Water Works (Pool) 5:30 PM (Linda)		Tai Chi (Studio 2) 7:00 PM (Milena)			
Spin (Spin Studio) 6:00 PM (Jackie N)	Zumba Express* (Studio 1) 5:30 PM (Karen)					
	Restorative Yoga (Mind Body Studio) 6:30 PM (Derek)					
	Balance and Breath (Therapy Pool) 6:30 PM (Linda)					

## CLASS DESCRIPTIONS

**ACTIVE AGING FITNESS:** This class will help optimize your physical and mental health as you age. Our focus will be on low-impact, weight-bearing movements that emphasize stability, strength, mobility and balance. These exercises do not strain the lower back, nor do they put undue stress on the tendons or joints. An inviting social atmosphere to move and have some fun!

**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.

**BETTER BALANCE:** Improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, leading to better functioning in daily activities. Participation in the class will also result in more confidence in your daily activities. In addition to the class's physical benefits, the safe, supportive group setting allows for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

**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!

**CHAIR YOGA:** Enjoy this gentle, chair-based yoga class with props as well as some standing poses. This class is for everyone!

**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 HIIT:** This 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. This is an interval style class.

**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 TABATA & STRETCH:** Come get your heart rate up in this 30 minute express tabata class that will begin with cardio and end with stretching.

**FOAM ROLLER YOGA:** A new twist on yoga! Get your body warmed up in this yoga format class with use of rollers for muscle release.

**HT45:** This is a 45 minute circuit based class going between strength, cardio, and core where you will move from station to station. So fun!

**OPTIMUM BURN:** This high-energy, calorie torching HIIT class combines cardio, weights, and core exercises. You'll challenge your cardio fitness, strength, and core using body weight exercise, dumbbells, or circuits with varied equipment.

**PILATES 1:** Learn the key principles of Pilates (correct breathing, proper posture and alignment) as well as dynamic movements to strengthen and tone (lengthen) muscles, and improve posture and flexibility.

**PILATES & MORE:** This Pilates class will work your entire body with the use of bands, weights, and more in a reformer-inspired workout.

**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.

**POWER YOGA:** 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.

**RIDE AND REPS:** The best of both worlds! Enjoy low body cardio on the bike followed by a fun 30 minutes of strength training.

**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.

**TAI CHI:** Tai Chi is an internal Martial Art that focuses on the connection between mind, body and chi (qi - or energy). As a moving meditation it is excellent for the body, using circular, gentle and controlled movements. It helps increase body awareness, proprioception, focus and mobility. For all levels, beginners welcome!

**TRX CLASSES:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

• **TRX Basics:** This class is tailored for beginner to intermediate levels. Perfect for first times that want something different. Sign up on the App.

• **TRX Strong & TRX Circuits:** These two classes are 60 minutes of high intensity interval workouts using TRX straps, weights and kettle bells. Sign up on the App.

**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.

**YOGA I:** Build your foundation in Vinyasa by becoming familiar with the most common yoga postures. As you flow through your practice we will focus on alignment, slow things down, and 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.

**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!