

# Group Fitness Schedule October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Java Jumpstart</b> 5:45-6:10am Alexis	<b>Spin AM</b> 5:45-6:30am Stephanie	<b>Java Jumpstart</b> 5:45-6:10am Kerri	<b>TRX Movement</b> 6:00-6:45am Kerri	<b>Spin Revolution</b> 5:45-6:30am Scott	
<b>*LIFT STRONG</b> 6-week session begins 10/1 8:15-9:00am Anna	<b>Sunrise Yoga</b> 7:00-7:45am Angie		<b>Sunrise Yoga</b> 7:00-7:45am Angie		<b>Specialty Snapshot</b> 8:30-9:00am Instructor varies
<b>Forever Active</b> 9:00-9:30am Kelly		<b>Forever Active</b> 9:00-9:30am Kerri		<b>Pilates</b> 9:15-10:00am Anna	
			<b>*AGELESS GRACE</b> 6-week session begins 9/6 10:00-11:00am Kate		
<b>After Work Shake Up</b> 4:00-4:30pm Mel		<b>After Work Shake Up</b> 4:00-4:30pm Mel		<b><u>NEW!</u> Stretch It Out</b> 12:00-12:30pm Kennedy	
			<b>More For the Core</b> 4:45-5:15pm Mary Lou		
<b>*HEALTH SWITCH</b> 5:00-5:30pm Mel	<b>Wild Card Workout</b> 5:15-5:45pm Mel	<b>Wednesday Weights and Cardio</b> 5:30-6:00pm Bonnie	<b>Body Blast</b> 5:30-6:00pm Alexis		
<b>Fundamental Yoga</b> 5:45-6:45pm Angie	<b>Triple Threat Tuesday</b> 6:00-6:30pm Mary Lou		<b><u>NEW!</u> The Spin Cycle</b> 6:15-6:50pm Mary Lou		
<b><u>NEW!</u> Total Body Strength</b> 7:15-7:45pm Kennedy	<b>Fitness Stretch and Tone</b> 6:45-7:30pm Anna	<b>Cardio Circuit and Stretch</b> 7:00-7:30pm Bonnie			

All classes are free with membership! Non-members can pay \$10 for a guest pass and receive classes for free. Classes with limited space (Spin AM, The Spin Cycle, Spin Interval, Spin Revolution, and TRX Movement) are first come, first serve. Please arrive early for these classes!

\*Programs are an additional cost dependent on the program.

# Class Descriptions

**After Work 'Shake Up':** Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time!

**Ageless Grace:** People of all ages and abilities can perform these movements, including those with weight and joint issues, diabetes, use wheelchairs, or have other physical limitations. Come and move your body, even if you are a bit shaky on your legs – we do what we can!

**Body Blast/Cardio Blast:** Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class's needs. This is a great time to enjoy the music and feel the burn!

**Cardio Circuit and Stretch:** With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch. This class is suitable and modifiable for all fitness levels!

**Fitness Stretch and Tone:** FST blends the best of mind/body formats in an energizing and calming atmosphere. All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

**Forever Active:** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.

**Fundamental Yoga:** This is the perfect class to learn about yoga and how to perform poses to the best benefit of your ability!

**Health Switch:** A 12-week fitness and nutrition program.

**Java Jumpstart:** Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core.

**LIFT STRONG:** This is a progressive 6 week lifting program that will feel much like personal training in a motivating group fitness environment. Every week, you will learn a new and challenging lifting workout and also be provided with homework to complete during the week.

**Pilates:** Experience the benefits of training from the center of your body out by improving core strength, posture, muscle tone and endurance, coordination, and flexibility.

**More For the Core:** Crunch time is a 30 minute core class designed to work all aspects of your core. This class takes "hurts so good" and brings it to life!

**Specialty Snapshot:** We will explore different styles of specialty classes that we may want to offer in the future on Saturdays.

**Spin Revolution/Spin AM/The Spin Cycle:** This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

**Stretch It Out:** Improve your range of motion and flexibility without breaking a sweat. This class will give you the tools to work on tight muscles while also enjoying a relaxing 25-minute class.

**Sunrise Yoga:** Wake up and be energized with Sunrise Yoga! This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief. There is a 25% discount if you register for both days!

**Total Body Strength:** This class has a focus on strength building exercises including; lower body, upper body, and core to give you a well-balanced workout!

**Triple Threat Tuesday:** This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time.

**TRX Movement:** Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups.

**Wednesday Weights and Cardio:** This class gives you a total body workout using a variety of equipment. Each workout ends with a 15 minute stretch to help ease you into your evening!

**Wild Card Workout:** No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting.

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