

GROUP FITNESS CLASS DESCRIPTIONS

MONDAY	Class Title	Instructor	level	Description
9:00 - 10:00	DANCE	Tara	B, I, A	All types of Dance Formats!
10:00 - 10:45	Toning	Tara	B, I, A	Weight training to tone those trouble spots
10:45 - 11:30	Easy Yoga	Tara	B,I,A	Slow movement stretching
11:40 - 12:10	Stability	Bayley	B	Focuses on core, hip and ankle strength with lots of balance challenging activities
12:10 - 1:00	Chair Yoga	Bayley	B	Calm and gentle yoga where all postures and stretches are done seated in a chair or using the chair as a prop.
1:15 - 2:15	Arthritis Program	Marcia	B	Low Impact activity program proven to reduce pain and decrease stiffness
5:15 - 6:15	Kick - HIIT	Amy	I, A	Fast paced combination of kickboxing moves and high intensity interval training followed by tonng and abdominal work
TUESDAY	Class Title	Instructor	level	Description
9:00 - 10:00	Step Intervals	Tara	I,A	Clasic cardio class - step routines with various types of cardio mixed in
10:00 - 11:00	Morning Mashup	Melanie	B,I,A	Blend of strength training, kickbox, weight training, core and more
11:00 - 12:00	Intro to Yoga	Bayley	B,I,A	A Hatha (aligning & calming) Vinyasa (flowing) style class focusing on breathing and basic postures
1:15 - 2:00	Silver Sneakers	Barbara	B	Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band
5:00 - 6:00	Dance & Tone Cross Party	Tanya	B,I, A	Cardio and Strength
6:00 - 6:30	"De-Stress" Yoga	Rebe	B,I,A	Traditional or Hatha style yoga- includes poses to improve flexibility & joint mobility and stretches for the muscles.
WEDNESDAY	Class Title	Instructor	level	Description
8:00 - 9:00	Hourglass TABATA	Alicia	B,I,A	Waist, balance and core in a TABATA timed format
9:00 - 10:00	Latin Dance	Carri	I	Cardio movement set to Latin Music using basic dance steps. Repetitive & simple
10:00 - 11:00	TNT	Rebecca	I,A	Tone and Tighten all the major muscle groups in this explosive class
11:00 - 12:00	Tradional Yoga	Jaime	I,A	Practice different styles of yoga - Sanskrit and sacred readings are incorporated to enhance our understanding
12:00 - 12:30	Functional Mobility	Jaime	B,I	Execises to mirror everyday actionsand stay mobile to maintain independence
1:15 - 2:15	Arthritis Program	Marcia	B	Low Impact activity program proven to reduce pain and decrease stiffness
5:30 - 6:30	Midweek Rejuvenation Yoga	Rebe	B,I,A	Traditional or Hatha style yoga aimed at resetting you for the remainder of the week
THURSDAY	Class Title	Instructor	level	Description

8:30 - 9:00	Core & Stretch	Tara	B,I,A	Different types of core exercises (AB, Butt, Back, Inner thigh, pelvic floor strength)	
9:00 - 10:00	Cardio/Weight Intervals	Tara	B,I,A	Varying types of exercises, equipment and interval times	
10:00 - 11:00	Strength Worx	Bayley	B,I	A highly efficient full-body strength training workout using hand weights and body weigh exercises.	
11:00 - 12:00	YIN Yoga	Bayley	B,I,A	Yoga of the joints - slow and quiet practice- allowing joints and connective tissues to open and strengthen	
1:15 - 2:00	Silver Sneakers	Barbara	B	Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band	
5:15 - 6:15	ZUMBA	Tanya	B,I,A	Dances based workout using Latin & Hip Hop dance steps & original choreography	
FRIDAY	Class Title	Instructor	level	Description	
9:00 - 10:00	Functional Interval Training	Alicia	B,I,A	Full body functional Training - Natural Body movements used in everyday living mixed with cardio	
10:00 - 11:00	Restorative Yoga	Alicia	B,I,A	Relaxing slow yoga	
11:40 - 12:10	Stabliity	Bayley	B	Focuses on core, hip and ankle strength with lots of balance challenging activities	
12:10 - 12:50	Strength and Movement	Bayley	B	Upper and lower body strength exercises using a variety of tools, while fully seated	
SATURDAY	Class Title	Instructor	level	Description	
9:00 - 10:00	Warrior Cardio	Lisa	I,A	Sustained cardio which raises the heart rate and will burn fat	
10:00 - 11:00	Strength Worx	Bayley	B,I	A highly efficient full-body strength training workout using hand weights and body weigh exercises.	
11:00 - 12:00	Yoga	Susan	B,I,A	Combines traditional Yoga poses	
	B- Beginner level				
	I - Intermediate Level				
	A - Advanced level				