

GROUP FITNESS CLASS DESCRIPTIONS

| MONDAY | Class Title | Instructor | level | Description |
|------------------|----------------------------------|-------------------|--------------|--|
| 9:00 - 10:00 | DANCE | Tara | B, I, A | All types of Dance Formats! |
| 10:30 - 11:30 | Strength Worx | Bayley | B,I | A highly efficient full-body strength training workout using hand weights and body weigh exercises. |
| 12:00 - 1:00 | Chair Yoga | Bayley | B | Calm and gentle yoga where all postures and stretches are done seaded in a chair or using the chair as a prop. |
| 5:00 - 6:00 | ZUMBA | Angela | B, I, A | Dance to Latin and International music |
| TUESDAY | Class Title | Instructor | level | Description |
| 9:00 - 10:00 | Morning Mashup | Melanie | B,I,A | Blend of strength training, kickbox, weight training, core and more |
| 10:30 - 11:30 | TNT | Rebecca | I,A | Tone and Tighten all the major muscle groups in this explosive class |
| 12:00 - 1:00 | Silver Sneakers | Barbara | B | Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band |
| 5:00 - 6:00 | Cardio, Weights & Core | Susan | B,I,A | Different mixture of formats abd exercises each week. Designed for an overall balanced workout. |
| WEDNESDAY | Class Title | Instructor | level | Description |
| 9:00 - 10:00 | Functional TABATA | Alicia | B,I,A | Full body functional Training - Natural Body movements used in everyday living in a tabata format |
| 10:30 - 11:30 | Yoga for Mobility | Jaime | B,I,A | Yoga practiced designed to increase mobility for everyday function. |
| 12:00 - 1:00 | Strength and Movement | Barbara | B | Upper and lower body strength exercises using a variety of tools, while fully seated |
| 5:00 - 6:00 | 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 |
| 9:00 - 10:00 | Cardio/Weight Intervals | Tara | B,I,A | Varying types of exercises, equipment and interval times |
| 10:30 - 11:30 | Strength & Stability | Lisa | B,I,A | Various exercises using weights, balls, bars etc to help stabilize core and strength in movement. |
| 12:00 - 1:00 | Strength, Balance & Coordination | Barbara | B | Upper and lower body strength exercises using a variety of tools, while fully seated |
| 5:00 - 6:00 | ZUMBA | Angela | B, I, A | Dance to Latin and International music |
| FRIDAY | Class Title | Instructor | level | Description |
| 9:00 - 10:00 | Functional Training | Alicia | B,I,A | Full body functional Training - Natural Body movements used in everyday living |
| 10:30 - 11:30 | Restorative Yoga | Alicia | B,I,A | Relaxing slow yoga |
| 12:00 - 1:00 | Silver Sneakers | Barbara | B | Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band |
| 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 |
| 10:30 - 11:30 | Yoga | Susan | B,I,A | Combines traditional Yoga poses |
| | B- Beginner level | | | |
| | I - Intermediate Level | | | |
| | A - Advanced level | | | |