

12/8/2020

GROUP FITNESS CLASS DESCRIPTIONS

MONDAY	Class Title	Instructor	level	Description
9:00 - 10:00	DANCE Interval	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	Strength, Balance & Coordination	Barbara	B	Upper and lower body strength exercises using a variety of tools, while fully seated
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	Silver Sneakers	Barbara	B	Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band
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	International Dance Party	Bayley	B,I,A	Dance fitness with pop music from around the world - Latin, French, Arabic, Bollywood, Caribbean
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			