

GROUP FITNESS CLASS DESCRIPTIONS

MONDAY	Class Title	Instructor	level	Description
9:00 - 10:00	DANCE	Bayley	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, I, A	Calm & 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	Yoga	Bayley	B,I,A	Combines traditional Yoga poses
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	Yoga	Susan	B,I,A	Combines traditional Yoga poses
WEDNESDAY	Class Title	Instructor	level	Description
9:00 - 10:00	Circuit Training	Alicia	B,I,A	Full body functional Training - Natural Body movements used in everyday living in a circuit 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	Function Fitness	Cathy	B,I,A	A blend of cardio and resistance training to help your body maintain functionality and movability.
THURSDAY	Class Title	Instructor	level	Description
9:00 - 10:00	HIIT / LIIT	Bayley	B,I,A	High Intensity / Low Intensity Interval Moves - keeps the body guesing
10:30 - 11:30	Butts and Guts	Bayley	B,I,A	Standing and floor exercises focused on the glutes and abs.
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 for all levels
10:30 - 11:30	Move & Heal	Alicia	B,I,A	Movements to recover & restore mobility (tools sometimes used)
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			