

2024 January Group Exercise Schedule

SUNDAYS 7,14,21,28	MONDAYS 8,15,22,29 CLOSED 1/1/24	TUESDAYS 2,9,16,23,30 <u>All Morning Class will be in Agility 1/2-1/5</u>	WEDNESDAYS 3,10,17,24,31	THURSDAYS 4,11,18,25	FRIDAYS 5,12,19,26	SATURDAYS 6,13,20,27
10:00-11:00am GENTLE YOGA STRETCH (A) EVELYNA	8:15-9:00am CYCLING (V) CARLIE	8:15-9:00am BOOT CAMP (A/Z) CARLIE	8:15-9:00am BODY SCULPT (A/Z) CARLIE	8:15-9:00am CARDIO DRUMMING (A/Z) CARLIE	8:15-9:00am BODY SCULPT (A/Z) CARLIE	8:15-9:00am PILATES (A/Z) CARLIE
	9:15-10:00am TABATA (R/Z) CARLIE	9:15-10:00am CIRCUIT SHRED (A/Z) CARLIE	9:15-10:00am GETFIT! (R/Z) CARLIE	9:15-10:00am SENIOR TABATA (R/Z) CARLIE	9:15-10:00am STEP IT UP (A/Z) CARLIE	9:15-10:00am TABATA STRENGTH (A/Z) CARLIE
12:30-1:30pm BELLY DANCING (A) NICOLE	10:15-11:00am GETFIT! (R) EVELYNA	10:15-11:00am SENIOR CIRCUIT (A/Z) CARLIE	10:15-11:00am ZUMBA (R) TRACI	10:15-11:00am CHAIR YOGA (A/Z) CARLIE	10:15-11:00am GETFIT! (R) EVELYNA	
	11:10-11:40am CHAIR YOGA (A) EVELYNA		11:30-12:15 pm BOOM MOVE (A) PEGGY	11:15-11:45am STABILITY (A) PEGGY	11:10-11:40 am CHAIR YOGA (A) EVELYNA	11:00 am-12:00 pm BEGINNING YOGA (A) JUDY
	12:30-1:30 pm TAI CHI (A) MARY	12:00-12:30 pm GENTLE YOGA STRETCH (A) KERRIE	12-12:30 pm EXPRESS CYCLE (V) KERRIE	12-12:45 pm SILVER SNEAKERS CLASSIC (A) PEGGY		
	5:30-6:00 pm EXPRESS CYCLE (V) JEN	5:30-6:15pm BOOT CAMP (A) JESSICA	5:30-6:15pm PILATES (A) KERRIE	5:15-6:15 pm DYNAMIC VINYASA YOGA (A) JESSICA		
		5:30-6:30 pm CYCLE & STRENGTH (V) KERRIE		6:00-6:45 pm ZUMBA (F) MICHELLE		
	6:15-7:00pm BODY SCULPT (A) JEN	6:30-7:30pm YOGA FUSION (A) EVELYNA	6:30-7:30pm Vin Yin YOGA (A) JESSICA	6:30-7:30pm CYCLE & STRENGTH (V) JEN		
	7:15-8:15pm BEGINNING YOGA (A) JUDY			6:30-7:30pm HATHA YOGA (A) EVELYNA		



ROOM LOCATION KEY

A - (AGILITY)
P - (PLAZA)
R - (RINK)
V - (VELOCITY)
Z - (ZOOM ACCESS)
F-(FIELD HOUSE)

The fitness center and classes are for members and guests 12 years of age and older.

Facility Hours

Monday – Friday: 5:30 AM – 10:00 PM

Saturday and Sunday: 7:00 AM – 10:00 PM

Daily Admission

Student (12-17 years old) \$6

Adult (18-54 years old) \$8

Senior (55 years and older) \$6

Drop-in Fitness Class \$8

Youth Drop-in Fitness Class \$6

GetFit! Fitness Class (Senior) \$2

Exercise Punch Passes

Get 10 visits for \$60.

Personal Training

We are pleased to offer Prescription Fitness for your personal training needs. Please inquire at the fitness desk for more information.

Free Fitness Assessment

A free fitness consultation is included with your paid membership. Sign up in the Fitness Center to schedule a meeting with Prescription Fitness to discuss your personal goals and assess the best fitness plan for you!

Fitness Center Orientations

January 10th 12-1 pm

January 24th 7-8 pm

Group Fitness Description

Barre: Uses a mix of ballet, jazz, Pilates, and yoga for body definition.

Beginning Yoga: The experience of balance and harmony through a slow and mindful practice. Replace stress with relaxation.

Body Sculpt: Total body strength training that uses handheld weights, elastic resistance, and bodyweight to tone and build muscle! Great for all fitness levels..

Boom Move Dance: Low Impact dance-based exercise to improves balance, agility, gait speed, muscle endurance and strength. Easy to follow choreography and simple moves from a variety of dances from around the world.

Bootcamp: Starts with cardio and dynamic stretching, then moves to six interval sets. Each set starts with cardio and concludes with total body strength.

Cardio Drumming: A jam session inspired by the energizing and infectious intensity of playing drums! For cardio and strength.

Chair Yoga: A gentle and effective way to gain the physical and mental benefits of yoga when you can't manage the mat.

Circuit Shred: Get ripped! Uses bodyweight and equipment at different stations for a complete-body workout!

Cycling: Includes the simulation of hills and sprints! Motivation enhanced by music and fellow-bikers. Express is 30 min.

Cycle and Strength: An interval workout involving cardio cycling and strength training for a total body workout.

Dynamic Vinyasa Yoga: A lively and strong style of yoga. Featuring fluid movement, focusing on body awareness, strength, flexibility, breath control, endurance, and stamina. Balancing mind and body. Basic yoga practice is recommended.

Gentle Yoga Stretch: Calm your mind and relax your body. Melt away stress and tension in an hour of gentle, traditional Yoga moves. Perfect for beginners!

GetFit!: Warm up, stretch, and then MOVE to work out those kinks!

Hatha Yoga: Linking breath to movement, this traditional flowing style will develop balance, flexibility, and strength. All levels welcome!

HIIT: HIIT total-body work out using bodyweight and dumbbells. All fit levels.

Low Impact Irish Dance Exercise: Enjoy Irish music as you exercise, improve balance, memory and more. All moves suitable for adults and seniors.

Pilates: Traditional mat Pilates workout with rhythmic movements to improve core stability and strength.

Stability class is designed with the purpose of improving balance, stability, and independence. Low impact exercises and movement patterns are based on everyday movements and situations individuals face during daily activities.

Senior Circuit: An energetic aerobic workout that fuses elements of hip-hop and traditional Cardio Fitness for a dance party suitable for all levels!

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises or standing support. A full body workout to improve muscular strength, endurance, flexibility, agility, balance and coordination.

Step It Up!: Class uses step platforms to challenge coordination and increase intensity! 80% cardio, 20% strength.

Tabata/Senior Tabata: Type of HIIT class incorporating high and low exercises with a short period of rest. Senior friendly may use a chair

Tai Chi: Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai Chi helps with balance, stability and arthritis.

ViYin Yoga: a combination of the fast paced, strength and stamina building Vinyasa yoga with the more calming restorative Yin yoga.

Yoga Fusion: Power up your yoga moves with weights, resistance bands and other props to build strength and endurance.

Zumba: Incorporates Latin and international rhythms (Salsa, Merengue, Cha-Cha, Cumbia, etc.) for a challenging workout.