

# GROUP EXERCISE SCHEDULE

UPDATED: 1/2/2019



**MON TUES WED THURS FRI SAT SUN**

MON	TUES	WED	THURS	FRI	SAT	SUN
7:00-8:00 am <b>T Spin@</b> TBA, SR	7:00-7:45 am <b>Beginner Pilates</b> Jennifer, MB	6:15-7:15 am <b>T Spin@</b> Petra, SR	6:30-7:20 am <b>Yoga</b> Elias, MB	7:00-7:50 am <b>Iyengar Yoga</b> Frank, MB	7:15-8:00 am <b>T Spin@</b> Lishia, SR	8:00-8:20 am <b>Meditation</b> Eve, MB
7:30-8:45 am <b>Hatha Yoga</b> Lissy, MB	7:00-7:45 am <b>Boot Camp</b> George, DF	7:00-7:55 am <b>Vinyasa Yoga</b> Eve, MB	7:00-7:55 am <b>Boot Camp</b> Joseph, DF	7:00-7:55 am <b>T Spin@</b> TBA, SR	8:30-9:45 am <b>T Spin@</b> Petra, SR	8:30-9:30 am <b>Vinyasa Yoga</b> Eve, MB
8:30-9:15 am <b>AOA Chair Yoga</b> Beth, MP	7:55-8:50 am <b>Pilates</b> Jennifer, MB	7:00-8:00 am <b>Boot Camp</b> Juan, DF	7:30-8:30 am <b>Yoga</b> Elias, MB	8:00-8:55 am <b>Power Yoga</b> Beth, MB	9:15-10:15 am <b>Total Body</b> Will, CR	8:15-9:15 am <b>T Spin@</b> Luis, SR
9:00-10:00 am <b>Pilates Mat</b> TBA, MB	9:00-9:55 am <b>AOA Yoga</b> Elyce, MB	8:05-9:00 am <b>Pilates</b> Leola, MB	7:45-8:45 am <b>T Spin@</b> Valerie, SR	9:00-10:00 am <b>Kettlebell</b> Juan, DF	9:15-10:00 am <b>T Beginner Pilates</b> Collin, MB	9:30-10:20 am <b>T Spin@</b> Luis, SR
9:00-10:00 am <b>Boot Camp</b> Avion, DF	9:00-9:45 am <b>Tabata Intervals</b> Aynsley, CR	10:15-11:00 am <b>Total Body Express</b> Will, CR	8:45-9:30 am <b>AOA Strength</b> Avion, CR	9:05-10:05 am <b>Adult Ballet</b> Zoe, MB	10:00-11:00 am <b>T Spin</b> Aynsley, SR	9:30-10:15 am <b>Insanity@</b> Joseph, CR
9:30-10:00 am <b>AOA Stretch &amp; Stroll</b> Beth, MB	10:05-10:35 am <b>Meditation</b> Elyce, MB	9:25-10:25 am <b>Hatha Yoga</b> Kate, MB	9:00-10:00 am <b>Strength Training</b> Juan, DF	10:00-10:45 am <b>AOA Chair Core &amp; Stretch</b> Avion, CR	10:10-11:00 am <b>T Pilates</b> Collin, MB	10:00-11:25am <b>Tai Chi Level II</b> Tom, MB
10:10-11:00 am <b>AOA Pilates</b> Avion, CR	10:30-11:30 am <b>T Kettlebell</b> Juan, CR	10:35-11:50 am <b>AOA Yoga/Meditation</b> Kate, MB	9:15-10:15 am <b>Vinyasa</b> Elias, MB	12:00-1:15 pm <b>Vinyasa</b> Miho, MB	10:30-11:20 am <b>Boot Camp</b> George, CR	10:30-11:30 am <b>T Core Training</b> TBA, CR
10:30-11:30 am <b>Tot &amp; Me Yoga</b> Elyce, MB	12:00-1:00 pm <b>Pilates</b> Petra, MB	12:00-1:15 pm <b>Vinyasa Yoga</b> Zoe, MB	10:30-11:30 am <b>Prenatal Yoga</b> Eve, MB	1:15-2:15 pm <b>Total Body Conditioning</b> Avion, CR	11:10-12:00 pm <b>T Basic Iyengar Yoga</b> Frank, MB	11:35-12:30 pm <b>Tai Chi Level I</b> Tom, MB
12:00-1:15 pm <b>Vinyasa Yoga</b> Miho, MB	12:15-1:00 pm <b>T Spin@</b> Valeria, SR	12:00-12:45 pm <b>AOA Cardio</b> Avion, CR	11:00-12:00 pm <b>Baby Boot Camp</b> Buffy, CR	1:25-2:20 pm <b>Restorative Yoga</b> Elyce, MB	11:30-12:00 pm <b>Core Training</b> George, CR	1:00-2:15 pm <b>Vinyasa Yoga</b> TBA, MB
2:30-3:45 pm <b>Hatha Yoga</b> Lissy, MB	5:25-6:25 pm <b>T Zumba@</b> Lisa, CR	1:00-1:30 pm <b>Stretch</b> Avion, CR	12:00-1:00 pm <b>Pilates</b> Stephanie, MB	5:30-6:45 pm <b>T Pilates</b> Petra, MB	12:10-12:55 pm <b>T Zumba@</b> Michael, CR	4:00-5:00 pm <b>T Zumba@</b> Lilka, CR
5:00-6:00 pm <b>Vinyasa Yoga</b> Miho, MB	5:45-7:00 pm <b>Hatha/Restorative</b> Cheryl, MB	1:25-2:25 pm <b>Iyengar Yoga</b> Frank, MB	1:00-2:00 pm <b>Zumba@</b> Buffy, CR	6:15-7:15 pm <b>T Zumba@</b> Lilka, CR	12:10-1:40 pm <b>T Iyengar Yoga</b> Frank, MB	4:00-5:00 pm <b>Beginner Yoga</b> Cheryl, MB
6:00-7:00 pm <b>T Spin@</b> Luis, SR	6:35-7:35 pm <b>Hip Hop Fitness</b> Keomi, CR	5:30-6:15 pm <b>Total Body</b> Will, CR	5:00-5:55 pm <b>Hip Hop Fitness</b> Michelle, CR	7:15-8:15 pm <b>Iyengar Yoga</b> Frank, MB	3:00-4:00 pm <b>Vinyasa Yoga</b> Jackie, MB	5:10-6:10 pm <b>Restorative Yoga</b> Cheryl, MB
6:00-7:00 pm <b>Strong by Zumba</b> Buffy, CR	6:30-7:30 pm <b>T Spin@</b> Shana, SR	6:15-7:15 pm <b>Pilates</b> Collin, MB	6:15-7:00 pm <b>Boot Camp Express</b> George, CR	<b>CLASS LOCATIONS:</b> Mind-Body (MB) Court/Track (DF) Cardio Room (CR) Spin Room (SR) Multipurpose (MP)		<b>NEW CLASSES</b>
6:10-7:00 pm <b>Beginner Pilates</b> Agata, MB	7:15-8:15 pm <b>Vinyasa</b> Phoebe, MB	6:25-7:20 pm <b>T Zumba@</b> Michael, CR	6:30-7:00 pm <b>T Spin@ Express</b> Petra, SR			
7:10-8:10 pm <b>Pilates</b> Agata, MB		7:30-8:30 pm <b>T Zumba@</b> Michael, CR	7:10-8:00pm <b>Stretch &amp; Roll</b> Petra (CR)	-Class participation is on a first come first serve basis. -Please do not enter class more than <u>5 minutes</u> late. -Classes with a "T" require a ticket. You may pick your ticket up 30 minutes before class time. You may only pick up a ticket for yourself. -Classes are subject to change/cancellation without notice.		
7:15-8:15 pm <b>T Zumba</b> Danella, CR		7:30-9:00 pm <b>Beginner Yoga</b> Elias, MB	7:40-8:40 pm <b>Vinyasa</b> Eve, MB			
8:00-9:00 pm <b>Boot Camp</b> Juan, DF						

# CLASS DESCRIPTIONS

**AOA** – Active Older Adult classes include Yoga, Chair Yoga, Chair Core & Stretch, and Chair Exercises. They can all be modified to any level of fitness! Our cardio classes will have a focus on aerobic exercises while our strength classes will be focused on resistance training.

**African Dance** – A high intensity dance class derived from West African and Afro- Caribbean dance movements. This class provides core strengthening, muscle definition, and a great cardiovascular work out.

**Baby Boot Camp** – bring your baby to this fun, interactive boot camp class to get your workout on without having to worry about childcare!

**Baby Pilates** – Bring your baby to Pilates to focus on your core's stability, enhancing balance, endurance, and strength.

**Ballet**– A beginner technique class that places emphasis and attention on alignment and placement of the body.

**Boot Camp** – A circuit training workout that challenges your entire body, utilizing calisthenics such as push-ups, jumping jacks, crunches, and other body weight exercises.

**Cardio Kickboxing**– This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout.

**Core Training** – This class of abdominal exercises defines, strengthens and stabilizes your torso.

**Family Yoga**– Bring the whole family and find your Zen with this yoga workout for the mind, body, and spirit!

**Hatha Yoga** – A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen and condition.

**Hip Hop Fitness**– A cardiovascular workout using Hip Hop dance music. This class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

**Iyengar Yoga** – A form of yoga known for precision, alignment and a focus on individual postures and their therapeutic benefits. Iyengar yoga promotes quiet, an inward focus, and a heightened consciousness.

**Insanity** – In Insanity you work flat out in 3 to 5-minute blocks. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout.

**Kettlebells**– This is a total body workout that blends strength and cardio. The class helps establish proper technique to execute dead lifts, swings, grinds and more while using the kettlebells. \*Not recommended for women who are post-partum. Please consult your physician before entering class.

**Meditation** – The practice of cleansing, focusing and calming the mind in the modern world. Various introductory techniques will be offered including mindfulness, breathing, mantra, mudra, silent, seated, reclined, and even walking meditation.

**Pilates** – Based on original Pilates technique, this class focuses on the body's core stability. Enhance your control, stability, coordination, endurance, balance, strength, and flexibility.

**Power Yoga** – A more athletic– based yoga class with challenging movements.

**Prenatal Yoga** – Expectant mothers learn to stretch, strengthen, focus and relax. This class helps prepare you physically and mentally for the experience of childbirth.

**Restorative Yoga** – A form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

**Spin** – A great cardio workout of simulated road bike riding to energizing music, appropriate for all ages. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

**Strength Training** – Use a variety of weight training equipment to increase strength, add definition and burn calories.

**Stretch** – inspired by yoga, sports, and dance to help your flexibility, range of motion, balance and posture.

**Stretch & Stroll** – Come walk the track with us as we stretch and socialize. This is for our Active Older Adult group, but all are always welcome!

**Stretch & Roll** – Stretch class incorporating foam rollers, therabands, and more!

**Strong by Zumba** – A High Intensity Interval Training class synced to specific music to pump up your workout even more!

**Tabata Interval (Training)** – A high intensity interval training class focusing on the ratio between work and rest for the best results.

**Tai Chi** – An ancient form of mind body exercise that creates balance and symmetry using a series of flowing movements bringing strength and flexibility to the body. Level I is more for beginners, while Level II for more advanced.

**Total Ball** – A stability ball workout for the entire body in only 30 minutes!

**Total Body Conditioning**– A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

**Tot & Me Yoga** – This class is designed to help new moms regain strength and vitality, while incorporating baby in the process

**Vinyasa Yoga** – Challenging and flowing sequences of yoga poses linked together with an emphasis on breathing techniques.

**Zumba** – ZUMBA is a Latin and International music class that utilizes dance themes that create a dynamic, exciting, effective fitness program. Great for all levels.

LOOKING FOR MORE OF A CHALLENGE?

Ask about our TRX classes and Personal Training packages.