

# GROUP EXERCISE SCHEDULE

Fall 2019



MON	TUES	WED	THURS	FRI	SAT	SUN
6:15a-7:00a <b>TRX Boot Camp</b> Gwen, SB	6:30a-7:25a <b>Vinyasa Yoga</b> Elias, SA	6:15a-7:00a <b>SPIN and Sculpt®</b> Gwen, SB	6:30a-7:15a <b>SPIN @</b> Nikki, SB	6:15a-7:00a <b>SPIN @</b> Gwen, SB	7:30a-8:30a <b>Vinyasa Yoga</b> Kate, SB	8:00a-9:00a <b>Insanity @</b> Joseph S, Gymnasium
7:10a-7:55a <b>Total Body Cond.</b> Gwen, Gymnasium	7:35a-8:30a <b>Vinyasa Yoga</b> Elias, SA	7:00a-8:00a <b>Iyengar Yoga</b> Frank, SA	7:30a-9:00a <b>Vinyasa Yoga</b> Lissy, SB	7:10a-7:55a <b>Deep Definition Sculpt</b> Gwen, Gymnasium	8:40a-9:40a <b>Vinyasa Yoga</b> Kate, SB	9:00a-9:55a <b>T Yoga Stretch</b> Angela, SB
8:30a-9:30am <b>T Pilates Mat</b> Petra, SA	9:00a-9:55a <b>Boot Camp</b> Juan, Gymnasium	7:10a-7:55a <b>Cardio Tai Box</b> Gwen, Gymnasium	9:00a-9:55a <b>Step</b> Sarah, SA	8:30a-9:30a <b>T TRX</b> Aynesley, SA	10:00a-11:00a <b>Prenatal Yoga</b> Kate, SB	9:00a-10:00a <b>Samba Dance</b> Liika, SA
9:00a-10:00a <b>T Hatha &amp; Meditation</b> Elyce, SB	9:15a-10:30a <b>Ballet</b> Sarah, SA	8:35a-9:35a <b>T Hatha Yoga</b> Grace, SB	9:00a-9:45a <b>Beginner Pilates Mat</b> Elena, SB	9:00-10:00a <b>Hatha Yoga</b> Elyce, SB	8:30a-9:30a <b>Zumba @</b> Lisa, Gymnasium	10:05a-11:00a <b>T Yoga Stretch</b> Angela, SB
9:45a-10:45a <b>AOA P.A.C.E</b> Nellie, SA	9:30a-10:30a <b>Iyengar Yoga</b> Frank, SA	9:45a-10:30a <b>T Pilates Mat</b> Zoe, SA	10:00a-10:55a <b>Total Body Cond.</b> Sarah, SA	10:15a-11:15a <b>Vinyasa Yoga</b> Elyce, SB	10:00a-10:50a <b>T Boot Camp</b> Joseph S, SA	10:00a-10:50a <b>PiYo</b> Liika, SA
11:00a-12:30p <b>Prenatal Yoga</b> Kate, SB	12:30p-1:25p <b>T TRX</b> Juanita, SA	9:45a-10:45a <b>T AOA Yoga</b> Grace, SB	11:00a-12:00p <b>Baby &amp; Me Yoga</b> Kate, SB	10:00a-10:50a <b>AOA Chair Pilates</b> Angelica, SA	11:00a-11:30a <b>T Core Training</b> Joseph S, SA	11:30a-12:45p <b>Belly Dance</b> Anath, SB
12:30p-1:30p <b>AOA Dance</b> James, SB	12:30p-1:45p <b>Vinyasa Yoga</b> Cheryl, SB	10:30a-11:30a <b>AOA Chair Yoga</b> Zoe, SA	12:10a-1:10p <b>Stretch &amp; Release</b> Kate, SA	11:00a-12:00p <b>Tot &amp; Me Yoga</b> Elena SA	11:45a-12:45p <b>T Cardio Kick Boxing</b> Joseph S, SA	12:00p-12:50p <b>T Beg. Pilates Mat</b> Angelica, SA
12:45p-2:00p <b>Vinyasa &amp; Meditation</b> Kate, SA	2:00p-3:00p <b>Zumba @</b> Juanita, SA	11:00a-12:30p <b>Prenatal Yoga</b> Cheryl, SB	12:20p-1:20p <b>SPIN @</b> Sam, SB	12:00p-1:00p <b>SPIN @</b> Sam, SB	11:30a-12:40p <b>T Vinyasa Yoga</b> Elyce, SB	1:00p-1:50p <b>MELT Method @</b> Angelica, SA
5:30p-6:25p <b>Zumba @</b> Juanita, SB	5:30p-6:25p <b>Circuit Training</b> Aynesley, SA	11:40a-12:40p <b>MELT Method @</b> Angelica, SA	1:30p-2:00p <b>Core Training</b> Sam, SB	12:30p-1:30p <b>Strong by Zumba @</b> Juanita, SA	12:50p-2:00p <b>T Hatha &amp; Meditation</b> Elyce, SB	2:00p-2:50p <b>Int. Pilates Mat</b> Angelica, SA
5:30p-6:15p <b>Step &amp; Sculpt</b> Sarah, SA	5:30p-6:30p <b>T Pilates Mat</b> Agata, SB	12:50p-1:50p <b>AOA Pilates Mat</b> Angelica, SA	2:10p-3:25p <b>Vinyasa Yoga</b> Liz, SB	1:10p-2:00p <b>Core Sculpt</b> Sam, SB	1:20p-2:20p <b>Zumba @</b> Michael H, Gymnasium	2:00p-3:00p <b>Vinyasa Yoga</b> TBA, SB
6:30p-7:50p <b>Beginner Yoga</b> Phyllis, MP1	6:00p-6:55p <b>Insanity</b> Daniel, Gymnasium	12:45p-1:30p <b>Cardio Interval</b> Juanita, SB	5:20p-6:20p <b>T Pilates Mat</b> Hannah, SB	1:40p-2:30p <b>Hatha Yoga</b> Vanessa, SA	2:00p-3:00p <b>Qigong Tai Chi</b> Anne, SA	3:00p-4:00p <b>Tai Chi</b> Stella, SA
6:35p-7:30p <b>T TRX Circuit</b> Juanita, SA	6:30p-7:25p <b>Zumba @</b> Buffy, SA	1:35p-2:05p <b>Core Training</b> Juanita, SB	5:30p-6:30p <b>Zumba @</b> Liika, SA	5:45p-7:00p <b>Iyengar Yoga</b> Frank, SA	2:10p-3:10p <b>SPIN @</b> Sam, SB	3:15p-4:15p <b>Iyengar Yoga</b> TBA SB
6:45p-7:45p <b>T SPIN @</b> Catherine, SB	6:45p-7:45p <b>SPIN @</b> Juan, SB	2:10p-3:10p <b>Baby &amp; Me Yoga</b> Cheryl, SB	6:30p-7:30p <b>T TRX</b> Juanita, SA	6:00p-7:00p <b>Zumba @</b> Juanita, SB	3:20p-3:50p <b>Core Training</b> Sam, SB	Indicates change to schedule.
7:15p-8:15p <b>Boot Camp</b> Joseph S, Gymnasium	7:35p-8:30p <b>Step &amp; Sculpt</b> Julia, SA	4:00p-5:00p <b>Yin Yoga</b> Cheryl, SB	6:30p-7:30p <b>Salsa Fusion</b> Evelyn, SB		3:00p-4:20p <b>Prenatal Yoga</b> Elena, SA	*New Classes*
7:30p-8:10p <b>Caribbean Dance Vibe</b> Juanita, SA	7:55p-8:45p <b>Cardio Boxing</b> Juan, SB	5:20p-6:10p <b>Pilates Mat</b> Agata, SA	7:15p-8:15p <b>Boot Camp</b> Joseph S, Gymnasium		5:00p-6:15p <b>Gentle Yoga &amp; Restorative</b> Cheryl, SB	
7:55p-8:25p <b>Core Training</b> Carlos SB		5:30p-6:30p <b>Zumba @</b> Juanita, SB	7:40p-9:10p <b>Gentle Yoga</b> Elena, SB			
8:00p-9:00p <b>Hatha &amp; Meditation</b> Phyllis, MP1		6:15p-7:00p <b>T Total Body Cond.</b> Daniel, SA		-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.		
		T 6:30p-7:30p <b>Vinyasa Yoga</b> Grace, SB				
		7:00p-7:45p <b>T Boot Camp</b> Daniel, SA				

# CLASS DESCRIPTIONS

**Belly Dance** - A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements and combinations.

**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.

**Caribbean Dance Vibe** - combination of different Caribbean dance moves. All are welcome.

**Circuit Training** - An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

**Cardio Boxing** - combines boxing techniques with fast-paced **cardio**. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. While using Mitts and gloves

**Cardio tai box** - A high energy class with blends of kicks and punches set to upbeat music. The perfect combination of boxing and cardiovascular training.

**Cardio Kick Boxing** - combines martial arts techniques with fast-paced **cardio**. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. While using Mitts and gloves

**Core Training/Core Sculpt** - This class of core exercises defines, strengthens, and stabilizes your torso.

**Deep Definition Sculpt** - This class is designed to target all of your major muscles groups through strength training. The class utilizes equipment including weights, resistance bands and body bars.

**Foam Roll & Release** - A recovery class that will use foam rolling activities to release muscle tightness.

**Gentle Yoga** - Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

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

**Insanity ®** - Insanity live! Workout in 3 to 5 minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits so your body has to adapt.

**Iyengar Yoga** - A form of yoga known for precision, alignment and focus on individual postures and their benefits.

**Kettlebell Circuit** - Learn and perfect different kettlebell movements in a series of stations.

**MELT Method ®** - The MELT Method® is a breakthrough self-treatment system that restores the support of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living. This MELT class focuses on the hands and feet, using small balls to mobilize joints, rehydrate connective tissue, and relieve pain and tension.

**P.A.C.E. AOA** - People with Arthritis Can Exercise; the ideal beginning exercise class for individuals with arthritis and active older adults.

**Pilates Mat** - Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury and build strength and flexibility.

**PiYo ®** - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. PiYo provides a fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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

**Qigong Tai Chi** - Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises.

**Salsa Fusion** - A combination of Salsa and Mambo dance moves. All are welcome.

**Samba Dance** - A dance class workout with a focus on Brazilian samba movements and rhythms.

**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.

**SPIN and Sculpt ®** - half an hour of **spinning**, half an hour of **sculpting**. It's the best of both worlds: an endurance-building workout that also focuses on toning and tightening your major muscle groups.

**Step** - A high energy class that uses step benches with moderate choreography to increase cardiovascular fitness.

**Step & Sculpt** - Combine the fantastic cardio workout of step with the strength gains of a sculpting workout for a total body challenge.

**Strong by Zumba ®** - With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

**Tai Chi** - An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

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

**TRX ®** - TRX Suspension Training will take your workout to new heights! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results.

**TRX Boot Camp** - This class has you on and off the TRX completing interval training incorporating the TRX and then alternating with plyometric, cardio burst and strength work.

**Vinyasa Yoga** - Flowing sequences of yoga poses linked together with an emphasis on breathing techniques.

**Zumba ®** - Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

