

GROUP EXERCISE SCHEDULE

Updated: 10/22/2019



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

-Class participation is on a first come first serve basis.
 -Please do not enter class more than 5 minutes 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.

CLASS DESCRIPTIONS

AOA Retro Dance - choreographed routine including Broadway and pop.

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

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.

H.I.I.T - Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

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.

Kettlebells - This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

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.

Train Like an Athlete - Athletic drills create an intense workout to get your performance to the next level! (Welcome to all levels, athletes or not!) You will be put through the test with circuits involving ladders, Hurdles, Kettlebell, Resistance Bands, and much more!

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.