

# GROUP EXERCISE SCHEDULE

Updated: 1/2/2019



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

# CLASS DESCRIPTIONS

**AOA Retro Dance** - choreographed routine including Broadway and pop.

**Baby & Me** - A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents. Children should be between 1 mo to 10 mos.

**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.

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

**Salsa Mambo** - 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.

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

**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.

**Tot & Me Yoga** - This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Children should be between 10 mos to 35 mos.

**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.

**Yoga Stretch** - This class emphasizes the deep stretch of all major muscles and connective tissues through a series of slow movements and breath awareness.

**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.