

GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

Updated 3.17.25

| GROUP EX ROOM | | BASKETBALL GYM | | ORR ROOM | | |
|--|--|--|--|---|---------------------------------------|---------------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | CYCLING 5:45-6:30A RICHELLE | | | PICKLEBALL 7:00-8:30A WHOLE GYM | |
| TONING 8:15-9:00A JESSICA | | TONING 8:15-9:00A JESSICA | GENTLE YOGA 8:00-8:45A TASHA | TONING 8:15-9:00A JESSICA | | |
| GENTLE YOGA 9:15-10:00A TASHA | PILATES 9:00-9:45A JANE | GENTLE YOGA 9:15-10:00A TASHA | PILATES 9:00-9:45A JANE | WILDCARD 9:15-10:00A JESSICA | YOGA 9:00-9:45A MELISSA | |
| PICKLEBALL 9:15A-12:00P WHOLE GYM | CARDIO DRUMMING 10:00-10:45A SHEENA | | CARDIO DRUMMING 10:00-10:45A SHEENA | PICKLEBALL 9:15A-12:00P WHOLE GYM | REFIT 10:00-10:45A BECKY SM. | |
| | SILVER SNEAKERS CLASSIC 10:00-10:45A JANE | SILVER SNEAKERS CLASSIC 10:00-10:45A JANE | SILVER SNEAKERS CLASSIC 10:00-10:45A JANE | | | |
| | SILVER SNEAKERS CLASSIC 11:00-11:45A JANE | SILVER SNEAKERS CLASSIC 11:00-11:45A JANE | SILVER SNEAKERS CLASSIC 11:00-11:45A JANE | | | |
| | | PICKLEBALL 12:00P-3:00P BACK HALF ONLY | | | | |
| | | | | | | WILDCARD 1:00-1:45P TIFFANY |
| | | | | | | CARDIO DANCE 2:00-2:45P TIFFANY |
| REFIT 6:00-6:45P BECKY SM. NO CLASS 3.17.25 | ZUMBA 6:00-6:45P MARJORIE | | CARDIO VARIETY 6:00-6:45P EDNA | | | |
| SPIN & TONE 6:00-7:00P BECKY SE. | | | | | | |
| BOOTCAMP 7:00-7:45P DEMICA | CORE CONDITIONING 7:00-7:45P EDNA | | BARRE/PILATES 7:00-7:30P EDNA | | | |

| Program Name: | Description: |
|--------------------------------|---|
| Barre | Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back and hips. |
| Bootcamp | An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training. |
| Cardio Dance | Cardio dance is a cardiovascular workout utilizing high energy dance-based movements set to music. |
| Cardio Drumming | High intensity drumming providing a full body workout while remaining fun enough for anyone to do with no training and basic equipment. |
| Cardio Variety | Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals. |
| Core Conditioning | Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises. |
| Cycling | This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music. |
| Pickleball | A fun sport that combines many elements of tennis, badminton and ping-pong. |
| Pilates | This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques. Floor based. |
| Refit | Refit® combines powerful moves and positive music to create an exciting, fun workout for all ages. Finding a positive workout shouldn't be a negative experience, we're bringing the party to your fitness routine - and we cannot wait to dance with you! |
| Silver Sneakers Classic | Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support. |
| Spin & Tone | 30 minutes of spin to warm-up and increase your heart rate followed by 30 minutes for focused strength training (themes change monthly). |
| Toning | Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels. |
| Wildcard | Take a walk on the wild side and mix up your workout! Wild card offers a new exercise each week! Wild Card exercises may include kickboxing, cycling, toning, jump rope and much more. |
| Yoga | Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Gentle & Regular) |
| Zumba | Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun! |