

GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

Updated 10.21.24

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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 LISA/SHEENA		CARDIO DRUMMING 10:00-10:45A LISA/SHEENA	PICKLEBALL 9:15A-12:00P WHOLE GYM	
	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			
	YOGA 5:00-5:45P MELISSA				
CARDIO DANCE 6:00-6:45P TIFFANY	ZUMBA 6:00-6:45P MARJORIE	CARDIO DANCE 6:00-6:45P TIFFANY	CARDIO VARIETY 6:00-6:45P EDNA		
SPIN & TONE 6:00-7:00P BECKY					
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.
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!