MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WILD CARD 9:30 – 10:15AM ASHLEY CYCLING ROOM	**CYCLING** 6 – 6:45AM KEN CYCLING ROOM	**SS CLASSIC** 10 – 10:45AM RUTH GROUP EX	**CYCLING** 6 – 6:45AM KEN CYCLING ROOM	**PARKINSON'S CYCLING PROGRAM** 10:30 – 11:30AM FITNESS STAFF CYCLING ROOM	**TONING** 9 – 9:45AM AL GROUP EX
PARKINSON'S CYCLING PROGRAM 10:30 – 11:30AM FITNESS STAFF CYCLING ROOM	**SS CLASSIC** 10 – 10:45AM RUTH GROUP EX	**PARKINSON'S CYCLING PROGRAM** 10:30 – 11:30AM FITNESS STAFF CYCLING ROOM	**HATHA YOGA** 9 – 9:45AM TRISH GROUP EX	**SS CLASSIC** 11:30AM – 12:15PM ANDY GROUP X	**TRX & KETTLEBELLS** 11 – 11:45AM MEL KICKBOXING ROOM
SS CLASSIC 10 – 10:45AM RUTH GROUP EX	**SS CIRCUIT** 11 – 11:45AM RUTH GROUP EX	**SS YOGA** 11 – 11:45AM RUTH GROUP EX	**SS CIRCUIT** 10 – 10:45AM ANN GROUP EX		
SS YOGA 11 – 11:45AM RUTH GROUP EX	**VINYASA YOGA** 5:30 – 6:15PM KIM GROUP EX	**CYCLING** 5 – 5:45PM AL CYCLING ROOM	**ZUMBA** 6 – 6:45PM DEIDRINELLE GROUP EX		
POWER PUMP 6 – 6:45PM BETH GROUP EX	**KICKBOXING** 6 – 6:45PM BEATRIZ KICKBOXING ROOM	**MAT PILATES** 6 – 6:45PM LISA GROUP EX			
HATHA YOGA 6 – 6:45PM TRISH BASEMENT ROOM		**RESTORATIVE YOGA** 7 – 7:45PM KIM GROUP EX			
CYCLING 7 – 7:45PM BETH CYCLING ROOM					

IMPORTANT INFORMATION

- Registration for MEMBERS is not required.
- Classes are offered on a first-come, first-served basis.
- All fitness classes offered are FREE to members.
- Group exercise classes are for all levels of fitness.
- Inform the instructor if you are new, we are happy to show you modifications for all levels of fitness.

CLASS DESCRIPTIONS

GROUP EX CLASSES

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 upbeat music.

HIP HOP

In this high-energy class you are encouraged to step outside of the box by bringing your own individual style and personality to the movements. Hip Hop dance requires students to have the strength and stamina to successfully perform moves. Therefore, class includes upper and lower body condition but can be done by beginners.

KETTLEBELL

We power through squats, presses and more working on strength training and building core to lose or maintain weight.

KICKBOXING

Through a mixture of martial arts and boxing moves kickboxing includes physical contact with a punching bag. Bring your own gloves.

MAT PILATES

On the floor strengthening and lengthening form of exercise that focuses on core muscles while also training arms and legs.

POWER PUMP

A group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

TRX

Total Body Resistance Exercise: Uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility and core/joint stability.

HATHA YOGA

A type of Yoga that will involve a set of yoga poses and breathing techniques. This is a good class for beginners and is even suitable for those who have taken Yoga classes before.

TONING

This is a high-energy interval style class tjat utilizes a combination of weight training and cardio to build strength, endurance and aerobic capacity. insstructors will incorporate a variety of equipment from hand weights, resistance bands, kettle bells and body weight to sculpt muscle and get your heart pumping! You will leave the class feeling challenged, motivated and ready to come back for more.

SILVER SNEAKERS CLASSES

CLASSIC

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength, range of movement for daily living skills and activities, muscle strength and range of motion offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

YOGA

Yoga Stretch will move your whole body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

CIRCUIT

Cardio Circuit is designed for seniors who now feel at ease working out of their comfort zone. Silver Sneakers Circuit focuses on strengthening the cardiovascular system.