



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Fitness Class Schedule

December

Monday	8:00-9:00am Cardio Walk (Sandy)	9:00-10:00am TRX (Jeanie)	10:00-11:00am Senior Fit **Gym (Linda)	5:30-6:30pm Kickboxing (Dustin)	6:30-7:30pm Aqua Fit **Pool (Jeanie)	6:30-7:30pm Cycle (Melanie)	
Tuesday	8:00-9:00am Tabata Timed Tuesday ** Pool (Sandy)	9:00-10:00am Yogalates (Jeanie)	10:00-11:00am Intro to W.o.W. (Melissa)	5:30-6:30pm Yoga (Peggy)	6:30-7:30pm Pump up Dance (Tonya)		
Wednesday	8:00-9:00am HIIT (Jeanie)	8:00-9:00am Deep Water Aerobics **Pool (Sandy)	9:00-10:00am Wall-Pilates (Peggy)	10:00-11:00am Senior Fit **Gym (Linda)	5:00-5:30pm Step Aerobics (Cheryl)	5:30-6:30pm Low Impact Functional Fitness (Cheryl)	6:30-7:30pm Cardio Dance (Tonya)
Thursday	8:00-9:00am Water Dance ** Pool (Sandy)	10:00-11:00am Chair Yoga Gym (Jeanie)	5:30-6:30pm Cardio Dance (Tonya)	6:30-7:30pm Gentle Flow Yoga (Daniel)			
Friday	8:00-8:45am Morning Yoga (Rachel) Beginning 11/14	9:00-10:00am Intro to W.o.W. (Melissa)	10:00-11:00am Senior Fit **Gym (Linda)				
Saturday	9:00-10:00am Cardio Dance (Tonya)						
Sunday	3:30-4:30pm Pump up Dance (Tonya)						

Age Guidelines

- Ages 14+ may participate in all group classes without a parent or supervising guardian.
- Ages 12-13 may participate in group exercise classes without a parent or supervising guardian **except classes with weights or cycle classes.
- Ages 9-11 may participate in group classes with a parent or supervising guardian **except classes with weights or cycle classes.
- Ages 8 & under, child watch is available during classes. Children are **not** allowed in group classes.
Classes are inclusive to all fitness levels. Instructors can modify exercises for your specific needs.
- **Cardio Dance:** A lively class combining dance routines and cardiovascular exercises.
- **Cardio Walk:** A brisk walking workout that will elevate your heart rate and boost cardiovascular health.
- **Chair Yoga:** Yoga modified to be done with the assistance of a chair.
- **Cycle Class:** A low-impact cardiovascular exercise class performed on a spin bike. It simulates hill climbs, jumps, and sprints to build muscle, burn calories, and increase endurance.
- **Deep Water Aerobics:** Performed in deep water often wearing water belts as flotation devices. It provides a low-impact intensive cardio workout
- **Gentle Yoga:** Slow deliberate movements and longer holds in poses, emphasizing connection between breath and movement.
- **HIIT:** High-Intensity Interval Training. 45-minute class of intense exercise bursts with short recovery periods to improve muscle tone and cardiovascular health.
- **Kickboxing:** A combination of martial arts and boxing that provides great cardiovascular and total body fitness.
- **Low-impact functional fitness:** Build, tone, and strengthen muscles in a group class for total body muscle improvement.
- **Morning Yoga:** A morning meditation connecting breathing techniques with physical postures to strengthen mind and body.
- **Pickleball:** A combination of elements from tennis, badminton, and table tennis played with a pickleball paddle.
- **Pump up Dance:** Dance routines using light weights to add resistance for a higher calorie burn and make cardiovascular exercise enjoyable while toning your body's muscles.
- **Restorative Yoga:** This practice combines gentle yoga movements, breathing techniques, and relaxation to create a mindful experience that improves flexibility and well-being.
- **Senior Fit:** A fitness class for health and wellness focused on improving balance, mobility, and strength.
- **Step Aerobics:** An aerobics class using an elevated platform to step to a routine choreographed to music.
- **Tabata Timed Tuesday:** Aquatic class performed with the tabata style work to rest ratio.
- **TRX:** Suspension training bodyweight exercise develops strength, balance, flexibility and core stability.
- **Water Aerobics:** is an aerobic exercise requiring participants immersion in water waist deep or deeper, using water weights and or pool noodles to provide resistance
- **Water Dance:** A fun way to take the impact off the joints and get moving to your favorite tunes while burning calories and toning your muscles.
- **Women on Weights.:** A intro fitness class that incorporates weightlifting and toning exercises.
- **Yoga:** A mindful experience connecting breathing techniques with physical postures for connecting mind and body.
- **Yogalates:** A fitness routine that combines Pilates exercise with postures and yoga breathing techniques.