



## November Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 AM	Cycle MJ   Studio B			Cycle Tory   Studio B	Boot Camp Kristen Studio A		
5:45 AM	Boot Camp Glenn   Gym		Boot Camp Tracy/Glenn Gym			9:00 in Studio A	
7:00 AM		Vinyasa Yoga Cecelia   Studio B					
8:30 AM	Shallow Water Aerobics Katie   Pool	Shallow Water Aerobics Karla   Pool	Shallow Water Aerobics Lisa   Pool	Shallow Water Aerobics Karla   Pool		11/6	Power Up Missy
8:45 AM	Power Up Missy Studio A	H.I.T Missy Studio A	TBC Sheri Studio A	Step Chris/Jill Studio A	Power Up Mary Jo Studio A	11/13	TBC Connie
8:45 AM	Cycle Tim Studio B		Cycle Tim Studio B			11/20	Step Carter
9:30am	Deep Water Aerobics Katie   Pool		Deep Water Aerobics Lisa   Pool				
10:00am	TRX Circuit Missy Studio A	Yoga Sculpt Cecelia Studio B	Yogalates Cecelia Studio A	Yoga Barre Cecelia Studio B	Mindset & Movement Wendy Studio A		
10:00am	Silver Sneakers Classic Dana Studio B		Silver Sneakers Classic Dana  Studio B				
11:00am		Chair Yoga Cecelia Studio B	Yin Yoga Cecelia Studio B	Chair Yoga Cecelia Studio B			
12:15pm		Multi-level Yoga Express Cecelia Studio B	TBC Express Sheri Studio A	Multi-level Yoga Express Cecelia Studio B			
1:00PM		Yin Yoga Cecelia   Studio B		Silver Sneakers Classic Teri   Studio B			
4:20pm		Step Connie/Chris Studio A	Ashtanga Yoga Cecelia Studio B				
5:30 PM	TBC Jason Studio A	Vinyasa Yoga Cecelia   Studio B	Vinyasa Yoga Cecelia Studio B	TBC Connie Studio A			
6:30 PM		Zumba Concepcion Studio A		Zumba Concepcion Studio A			

### Aqua Classes

**Deep Water Aerobics** is designed for people who feel comfortable in water over their head and using an aqua jogger (flotation belt). We will concentrate on cardiovascular fitness and toning on both upper and lower body.

**Shallow Water Aerobics:** This class is a non-stop workout that promotes cardiovascular fitness while toning muscles and increasing flexibility. \*\*Note you do not need to know how to swim.

### Mind and Body

**Ashtanga:** Ashtanga consists of a series of poses practiced in one breath one movement pace and/or holding a pose for five breaths, combined with deep, controlled breathing.

**Multi-Level Yoga Express:** (30 minute) This class will be a blend of many styles of yoga. We will take ample time to stretch and to strengthen the body as well as relax the mind.

**Vinyasa:** Consists of linked movements, flowing from one pose directly into the next with the help of our balance and breath. This fun and uplifting class is for all levels. Blocks and straps will be used as props, but our own bodies will serve as the main source of strength building and stretching.

**Yin Yoga:** Stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility all while quieting the mind and focusing on the strength of your breath.

**Yoga Barre Fusion:** Incorporates yoga and barre movements to target smaller muscle groups within the body. Some benefits include lengthening the body, toning the body, stretching the body, and syncing movement to breath.

**Yoga Sculpt:** A fun and upbeat class that will have you building up some inner heat! Cardio, toning and stretching exercises will all be seen as we flow through yoga poses with the use of weights.

**Yogalates:** Yogalates is a combination of both traditional Yoga and traditional Pilates movements. Yogalates tones and stretches the body while focusing and clearing the mind.

### Cardio and Strength Classes

**Boot Camp:** A high intensity workout that offers variety every time! Come challenge your cardiovascular endurance, muscle strength, agility, and balance.

**Cardio Kick Express (30 minutes):** A high-energy martial-arts inspired workout set to motivating music sure to maximize your workout.

**Cycling:** Whatever your exercise level is, you can participate in ANY cycling class on the schedule! Cycling is a popular alternative for aerobic training because it is a non-impact and efficient, calorie-burning workout.

**HIIT:** High Intensity Interval Training is an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recover periods. HIIT workouts alternate between intense bursts of activity and fixed periods of strength based or less-intense activity or even complete rest.

**Mindset and Movement** will combine personal development, health tips, meditation, and more! There will be plenty of heart pumping cardio, strength, and core work to enhance not only your physical but mental well-being.

**Power HIIT** designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. Taking HIIT to the next level!

**Power Up** will blast all your muscles with a fun energetic weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines high-rep weight training moves with dynamic music to make you sweat and push to a personal best!

**Step:** Steppers old and new will enjoy this moderately intense cardio workout! Beginner steppers are welcome; we all start somewhere! Anticipate several classes before expecting to feel comfortable with the moves. We are all here to have fun!

**TRX Circuit** Suspension Trainer that leverages gravity and your bodyweight to perform hundreds of exercises. Intensity is up to you as you use your ability to adjust your body position to increase or decrease resistance.

**TBC (Total Body Conditioning):** This class incorporates strength and cardio segments using various equipment for a total body workout.

**Zumba:** Incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to get your workout in. Get your groove on and have a blast!