

GROUP FITNESS CLASS SCHEDULE/STUDIO A

TIME	CLASS TYPE	INSTRUCTOR
MONDAY		
6:30-7:00am	Core Definition(Abs/back) (12+)	Elaine/Staff
7:30-8:30am	Heart Smart(AOA)	Mary Claire
8:30-9:30am	Interval Cardio Blast (12+)	Gina E.
9:30-10:30am	Pilates (12+)	Deanna
10:35-11:30am	SilverSneakers® Muscular Strength	Debbie
12:15-12:45pm	Fit In Thirty (12+)	Jan
4:30-5:15pm	Zumba® (12+)(FF)(starts June 21 st)	Amanda
5:45-6:15pm	Core Conditioning (12+)	Jeff C.
6:30-7:30pm	Step/Advanced Choreography) (16+)	Linda D.
TUESDAY		
5:45-6:30am	To The Limit (16+) (also meets in gym 3 and outside)	Tara
6:15-7:00am	Zumba® (12+) (FF)	Amanda
8:30-9:30am	Sculpting (12+)	Gina E.
9:30-10:30am	Dance Step/Advanced Choreography (16+)	Melanie
10:30-11:00am	Sculpting (12+)	Melanie
11:00-11:40am	Zumba® (12+)(FF)	Amanda
12:15-12:45pm	Power Fit (12+)	Heather D.
4:15-5:15pm	Sculpting/Power-Cut (12+)	Linda O.
7:15-7:45pm	Burn Out (16+)	Jeff P.
WEDNESDAY		
6:30-7:00am	Core Definition(Abs/Back) (12+)	Elaine/Staff
7:30-8:30am	Heart Smart (AOA)	Mary Claire
8:30-9:30am	Interval Cardio Blast (12+)	Tara
9:30-10:30am	Pilates (12+)	Deanna
10:35-11:30am	SilverSneakers® Muscular Strength	Debbie
12:15-12:45pm	Fit In Thirty (12+)	Jan
4:30-5:30pm	Cardio Ball	Joanne
5:45-6:15pm	Core Conditioning (12+)	Jeff C.
6:30-7:30pm	Bands, Balls, Butts & Guts	Amanda
THURSDAY		
5:45-6:30am	To The Limit (16+) (also meets in gym 3 and outside)	Crissy
6:15-7:00am	Zumba® (12+)(FF)	Amanda
8:30-9:30am	Sculpting (12+)	Gina E.
9:30-10:30am	Dance Step/Advanced Choreography (16+)	Melanie
10:30-11:00am	Sculpting (12+)	Melanie
11:00-11:40am	Zumba® (12+)(FF)	Amanda
12:15-12:45pm	Power Fit (12+)	Heather D.
4:15-5:15pm	Sculpting/Power-Cut (12+)	Linda O.
5:30-6:30pm	Zumba® (12+)(FF)	Gina T.
6:45-7:15pm	Burn Out (16+)	Jeff P.
FRIDAY		
6:30-7:00am	Power Stretch	Elaine/Staff
7:30-8:30am	Heart Smart (AOA)	Mary Claire
8:30-9:30am	Interval Cardio Blast (12+)	Tara
9:30-10:30am	Pilates (12+)	Joanne
10:45-11:30am	Chair/Yoga& Stretching (12+)	Kitty
12:15-12:45pm	Fit In Thirty(12+)	Jan
SATURDAY		
8:30-9:30am	Dance Step/Advanced Choreography (16+)	Melanie
11:00-11:45am	Zumba® (12+)(FF) (starts August 21 st)	Bruni
Group Fitness Classes Held Outside of Facility or in GYM		
TUESDAY/THURSDAY (OUTSIDE OR IN GYM 3)		
6:00-7:00pm	Boot Camp (16+)	Staton/David

GROUP FITNESS CLASS DESCRIPTIONS for Studio A Classes

Core Definition/Core Conditioning: Strengthening & definition for abdominals & back (core). CardioAbs brings more cardio into the training!

Power Stretch: Stretch and lengthen muscle tissues for increased flexibility and range of motion. Includes static, dynamic, & power stretches. Stretches held at maximum length for greater gains.

Zumba®: Zumba® is a high intensity Latin dance cardio class infused with other high intensity dance classics. Get ready to shake your booty!

Interval Cardio Blast: Cardio combo class with floor aerobics, basic step, some toning.

Cardio Ball: Increase your cardiovascular endurance and tone and strengthen using a stability ball and medicine ball.

Fit In Thirty: Cardio endurance movements for entire body with an emphasis on the core. Includes some strength and stretching.

Sculpting/Power Fit: Muscle strengthening & definition for entire body. Sculpt & define muscles and increase muscle endurance for entire body. Stretching at end.

Step/Dance Step: High energy bench stepping class which includes body toning exercises. Beginner step utilizes basic step moves; advanced choreography step & dance step has more choreographed moves and is higher intensity than beginner step.

Pilates: Strengthening class for the abdominal/torso (core) of the body. May or may not utilize stability balls, weights, or other tools at instructor discretion.

SilverSneakers®: Cardio & resistance class with some seated & some standing moves. Uses hand weights, bands, & balls. Designed for seniors or those who are de-conditioned. Wheelchair friendly!

Chair/Yoga & Stretching: Uses chairs for poses and is designed for seniors, beginners, or those who choose not to get down on the floor as in Hatha Yoga class.

Heart Smart (Active Older Adults): Group fitness class consisting of low impact aerobics, resistance training, stretching and relaxation. Targets older adults (AOA) with heart issues or those trying to prevent them.

Burn Out: Resistance training class that utilizes light weights for high reps; designed to tone & define muscles & increase endurance.

Bands, Balls, Butts, & Guts: Class using bands & stability balls to tone and define the abdominals & hip area.

To the Limit: Functional fitness drills and movements/running/anything goes. Bodyweight only exercises to increase core strength. Train hard and smart! (Meets in Studio A, 3rd gym and outside)

GROUP FITNESS CLASS DESCRIPTIONS for classes outside or in gym

Boot Camp: Class of mixed drills that includes push-ups, squats, running for distance, running drills & muscle endurance. Designed to make you sweat. **Advanced level class.(held outside or in gym)**

KEY: Classes are designed for most ages. Those listed as 12+, are considered appropriate for over age 12; 16+, for those over 16, KF is “kid friendly” and FF is “family friendly”. Instructor has final say if he/she feels class is not appropriate for an individual due to safety issues or behavior.