

Group Exercise Schedule-September 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00AM	Low Impact Aerobics Missy	SilverSneakers® YOGA Missy	Yogalates Missy	SilverSneakers® YOGA Missy	Yogalates Missy	Yogalates (yoga & pilates) (8:00-9:15) Andrea	YOGA Andrea (at Chimney Rocks weather permitting)
9:30-10:30AM	STEP Circuit Missy	Body Sculpting Missy	Cardio Strength Training for the Mature Adult Missy	Body Sculpting Missy	Step Circuit Missy	Body Blast (total body weight training) 9/2, 9/16 & 9/30-Sue 9/9 & 9/23-Janet	
11:00AM-12:00PM	Zumba Stacy (11:00AM- 11:45AM)	Body Sculpting Missy	SilverSneakers® Circuit Missy	Body Sculpting Missy	SilverSneakers® Classic Missy	P90X/ Boot Camp Andrea	
12:00PM-1:00PM	SilverSneakers® Circuit Stacy						
12:15-1:15PM							
4:30-5:30PM	BODY BLAST (total body weight training) Andrea	Yoga on the Ball Andrea	Cardio/Barre Jo	Kickboxing & Core Ellen	BODY BLAST (total body weight training) Andrea		
5:00-5:45PM In racquetball court		POUND® Janet In racquetball court					
5:45-6:45PM	ZUMBA Ellen	Body Sculpting Sue Himes	YOGA Andrea (at Chimney Rocks weather permitting)	ZUMBA Stacy	YOGA Andrea 5:45-7:15		
7:00-8:00PM	YOGA Andrea 7:00-8:30		P90X/Boot Camp Andrea	YOGA Sue Himes			

Please see the other side for class details.
Please sign up since class sizes are limited (20 max depending on the class)
Sign-up no earlier than 24 hours – Must sign-up to participate.

GROUP EXERCISE CLASS ETIQUETTE GUIDELINES

Our studio etiquette guidelines are designed so all members experience a successful, safe, and enjoyable workout. Thank you for your cooperation.

***In consideration of others, please keep conversation to a minimum.*In consideration of others as well, please no cell phones.**

***We politely request that all equipment be returned to the proper storage area.*We politely request that you not crowd another participant's space.**

***If you are new to a class, please introduce yourself to your instructor.**

***We encourage all participants to not arrive late or leave early from a class, since each class includes a warm-up and a cool-down for muscle and joint preparation and protection!**

GROUP EXERCISE CLASS DESCRIPTIONS

- **Body Blast:** Using a bar and weighted plates, this class is a total body weight lifting class all set to upbeat energizing music. The entire body will be sculpted and strengthened.
- **Body Sculpting:** An overall body shaping and firming class using weights and the body's own resistance to perform strength building exercises. Both upper and lower body are emphasized during the workout as well as abdominal training, ending with an emphasis on flexibility.
- **Boot Camp:** This class is SAFE and easy to follow-NO tricky choreography. It's back to the basics of Jumping jacks, squats, push-ups, Sprints, CORE conditioning, weight training, squat thrusts, bear crawls, stations, etc. (It's OK to come and work at your own pace!)
- **Cardio/Barre:** This class consists of a Barre Warmup, 30 minutes of choreographed cardio, and 30 minutes of Barre conditioning and mobility using light handheld weights (optional) and small balls. Blending cardio and full body muscle conditioning, this class is for all levels of exerciser.
- **Cardio Strength Training for the Mature Adult:** A muscle conditioning class which focuses on the unique concerns of "mature" adult. This class is intense, but the focus is on safety and less impact on joints.
- **Kickboxing & Core:** Sculpt and strengthen your upper and lower body with easy kickboxing moves while getting a cardio workout at the same time. Finish with abdominal exercises and some relaxation stretches.
- **POUND-**fuses cardio interval training with drumming to provide a challenging, heart pumping workout
- **SilverSneakers I ® –Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.
- **SilverSneakers II ® Cardio Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.
- **SilverSneakers ® YOGA:** This Yoga class, specifically designed for the senior population, is all done using a chair for support. The Yoga postures will help improve flexibility, strength and balance while enhancing a harmonious mind/body connection.
- **STEP Circuit:** Offering participants the best of both worlds, cardiovascular conditioning and muscle toning, STEP Circuit is a fun variety of STEP... along with muscle conditioning using weights, tubes, or resist-a-balls.
- **STRONG Nation™:** combines **body weight, muscle conditioning, cardio** and **plyometric training** moves synced to original music that has been specifically designed to match every single move. In each class you'll **burn** calories while **toning** arms, legs, abs and glutes.
- **YOGA:** This class is appropriate for anyone interested in Yoga – novice through advanced participants are welcome. This class is designed to introduce participants to Yoga postures as well as helping to increase flexibility, strength, balance and mind/body awareness.
- **Yogalates:** A combination of Yoga and Pilates, this class is designed to improve strength, flexibility, balance, and mind/body awareness .
- **Yoga on the Ball:** Beginning with a short meditation, yoga poses and core strengthening exercises are adapted for the Resist-a-Ball.
- **ZUMBA:** Latin Dancing made fun and easy to follow with motivating music!!! This class is tons of fun and an awesome sweat!!!