

Group Exercise Schedule-September 2024

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 Sue Himes	
11:00AM-12:00PM	Cardio Barre Jo	Body Sculpting Missy	SilverSneakers® Circuit Missy	Body Sculpting Missy	SilverSneakers® Classic Missy	HIIT (High Intensity Interval Training) Andrea	
12:00PM-1:00PM	SilverSneakers® Circuit Missy						
12:15-1:15PM							
4:30-5:30PM	BODY BLAST (total body weight training) Andrea	Yoga on the Ball Andrea	Cardio Barre Jo	Dance Fitness Margot	BODY BLAST (total body weight training) Andrea		
5:45-6:45PM	Tabatta Sue Himes	Guts and Glory Sue Himes	YOGA Andrea (5:15 at Chimney Rocks weather permitting)	Barre Andrea	YOGA Andrea (5:45-7:15)		
7:00-8:00PM	YOGA Andrea		HIIT (High Intensity Interval Training) Andrea	Somatic Yoga Sue Himes			

*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

- **Barre:** A low impact total body workout combining the movement of Pilates, Yoga and Body sculpting using light weights, gliders, small balls and bands.
- **Body Blast:** Using a bar and weighted plates, this class is a total body weightlifting 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.
- **Cardio/Barre:** This class consists of a warmup, a segment of cardio conditioning, and a segment of Barre style muscle conditioning. A variety of props will be utilized (light handheld weights, bands, the STEP etc...) 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.
- **Dance Fitness:** This class includes a variety of dance styles such as Latin, jazz and hip-hop with additional strength moves to provide a total body workout!
- **Guts and Glory:** This high energy class begins with a thorough cardio warmup, alternates 45 second interval of various strength training exercises with 15 seconds of rest, and concludes with a Pilates infused core workout and cool down.
- **HIIT (High Intensity Interval Training):** This class is SAFE and easy to follow-NO tricky choreography. Alternating short intervals of Cardio and Muscle conditioning, this workout helps to improve cardiovascular endurance, balance, strength, and flexibility. It's back to the basics of Jumping jacks, squats, push-ups, Planks, CORE conditioning, weight training, burpees, bear crawls, lunges, stations, etc. (It's OK to come and work at your own pace!)
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- **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.
- **Tabatta:** A high intensity interval training class that involves alternating 20 seconds of exercise with a 10 second rest repeated 8 times. The goal is to work at an intensity that exhausts you during the final sets. All levels of exerciser are welcome.
- **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.