

# Group Fitness

## March 1 - May 2

### Monday

6:10am | Boot Camp | Erin  
9am | Pilates\* | Christy  
10am | Stretch\* | Christy  
6pm | Vinyasa Yoga\* | Molly

### Tuesday

7:15am | Spin | Laurie  
10am | Silver Sneakers | Christy  
6pm | Cardio Pilates | Christy

### Wednesday

6:10am | Strength | Tanya  
9:30am | Silver Sneakers | Erin  
10am | Senior Core + Stretch\* | Laurie  
5:30pm | Cardio Sculpt | Mary  
*No Cardio Sculpt on 3.17*

### Thursday

10am | Silver Sneakers | Christy  
4:30pm | Skills Plus | Christy

### Friday

6am | Core Step | Tonya  
8am | Stretch\* | Christy  
9am | Pilates\* | Christy  
10:15am | Senior Strength\* | Laurie

### Saturday

9am | Recap Cardio | Christy  
10am | Spin | Beth

### Sunday

10am | Total Body | Mary

*\* Located in Meeting Rooms*

**Stretch** Stretching can improve your range of motion, increase circulation, calm your mind, as well as bring about a better night's sleep. In this class we will use many different techniques to enhance your flexibility. We will utilize mats, straps, tennis balls, foam rollers, blocks, and chairs to help stabilize and deepen the stretches. This class will be done barefoot and we will be going to the ground.

**Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. A chair is available if needed for seated or standing support.

**Pilates** Increase flexibility and sculpt muscles using a series of movements that will stabilize and strengthen your core. You may also have better posture and a better sense of well-being when adding Pilates to your workout schedule.

**Skills Plus** This class is designed to make your basic strength moves a little more interesting by building onto moves that you have mastered. We will use weights, steps, and repetition to help strength your heart and muscles. This class will support any level of fitness.

**Cardio Pilates** This class delivers the strength and conditioning effects Pilates is known for, as well as a results-intensifying, heart-rate boosting, cardiovascular workout. By integrating classic Pilates moves with dynamic, energy-infused motion, Cardio Pilates revs up calorie burn while delivering the body-reshaping effects Pilates' classes are known for. This class is low impact and performed barefoot.

**Recap Cardio** A cardio class that includes step, kickboxing, pound sticks, and aerobics. All movements include modifications for low impact or high impact.

**Strength** This class utilizes weighted bars, plates, and body weight movements for a full body workout. Modifications available for all levels.

**Senior Core + Stretch** Work your core with a variety of crunches and Pilates mat exercises, mixed in with stretches, stretches, and more stretches!

**Total Body** Get a *total body* workout every time with this high energy class that combines cardio & weights! Class will utilize a variety of equipment.

**Boot Camp** Knock out that workout early! The format changes frequently, but one thing stays the same, you will get a *great* workout every time!

**Vinyasa Yoga** A discipline which uses a series of flowing postures linked by breath to strengthen and stretch the body while creating internal energy. (*Intermediate*)

**Senior Strength** A senior focused class on building strength and stability using both traditional and non-traditional strength focused exercises.

**Core Step** Kick off your Friday with an old-school step workout to raise your heartrate. The cardio work is followed by core training and ends with stretching for flexibility. You walk out knowing that Friday night is yours because your workout was done before 7:00am!

**Policies:** Classes will be limited to 50% capacity. Classes in the gymnasium will hold 14 participants, Silver Sneakers classes will accommodate 19 participants, and classes held in the meeting rooms will hold 10 participants. All participants will be required to undergo a health screening and sign a waiver, so please arrive at least 10 to 15 minutes before scheduled class time. Please wear a mask at all times. All participants are encouraged to bring their own mat. Water fountains and showers are currently not available. *Schedule subject to change, please visit [sunset-hills.com/groupfitness](https://sunset-hills.com/groupfitness) for up to date info.*