

Group Fitness Schedule 3.20-5.28.23

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
Boot Camp 6:00-6:50 a.m. Erin Fitness Studio	Senior Spin 7:15-8:05 a.m. Laurie Spin Room	Strength 6:00-6:50 a.m. Tanya Fitness Studio	Senior Spin 7:15-8:05 a.m. Laurie Spin Room	Boot Camp 6:00-6:50 a.m. Beth Fitness Studio	Pilates 8:00-8:50 a.m. Christy Fitness Studio <i>No Class 5.6.23</i>
Pilates 9:00-9:50 a.m. Christy Fitness Studio <i>No Class 5.1.23</i>	Upper Body Mobility + Strength 9:00-9:50 a.m. Christy Fitness Studio <i>No Class 5.2.23</i>	Silver Sneakers 9:30-10:20 a.m. Erin Gymnasium	Lower Body Mobility + Strength 9:00-9:50 a.m. Christy Fitness Studio <i>No Class 5.4.23</i>	Stretch 8:00-8:50 a.m. Christy Fitness Studio <i>No Class 5.5.23</i>	Recap Cardio 9:00-10:00 a.m. Christy Fitness Studio <i>No Class 5.6.23</i>
Stretch 10:00-10:50 a.m. Christy Fitness Studio <i>No Class 5.1.23</i>	Silver Sneakers: Boom Move 10:00-10:50 a.m. Christy Gymnasium	Cardio Sculpt 5:00-5:50 p.m. Mary Fitness Studio <i>No Class 4.5.23</i>	Silver Sneakers 10:00-10:50 a.m. Christy Gymnasium <i>No Class 5.4.23</i>	Pilates 9:00-9:50 a.m. Christy Fitness Studio <i>No Class 5.5.23</i>	Spin 9:00-9:50 a.m. Beth Spin Room
Senior Strength 11:00-11:50 a.m. Laurie Fitness Studio	Mix It Up 10:30-11:20 a.m. Lisa Fitness Studio		Mix It Up 10:30-11:20 a.m. Lisa Fitness Studio	Senior Strength 10:10-11:00 a.m. Laurie Fitness Studio	SUNDAY
Vinyasa Yoga 6:00-6:50 p.m. Molly Fitness Studio	Strength 5:00-5:50 p.m. Mary Fitness Studio		HIIT 4:30-5:20 p.m. Christy Fitness Studio <i>No Class 5.4.23</i>		Total Body 10:00-11:00 a.m. Mary Fitness Studio <i>No Class 4.9 or 5.14</i>
	5/5 6:10-7:00 p.m. Christy Fitness Studio <i>No Class 5.2.23</i>		Quick Spin 5:30-6:00 p.m. Christy Spin Room <i>No Class 5.4.23</i>		
				PRICING	
				Member	Non Member
				20 Classes: \$125	\$165
				Single Class: \$10	\$12

Boot Camp

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

Core Cardio

Core Cardio will focus on strengthening your heart and your core which includes your abdominal wall, the back, pelvic girdle, and postural muscles.

Senior Strength

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

Mix It Up

If you hate doing the same workout twice, this is the class for you! Get a different workout every time that will challenge you to the max! Mix It Up incorporates cardio and toning exercises with modifications for all fitness levels.

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.

5/5

5 minutes of low impact movement. We will use the step, kickboxing, aerobics, and the bosu to get the heart rate up. Then we will switch to 5 minutes of strength. That will highlight the "stability muscles", the muscles that keep you steady so your primary muscles can do their job! This class is perfect for the beginner looking to ease back into taking care of themselves or the athlete looking to be mindful of those details to make their body more efficient.

Lower Body Mobility + Strength

Strengthening the lower body with a focus on hip mobility and glut activation. We will work towards better movement in the hips and developing lower body strength to help maintain that range of motion in the lower body.

Upper Body Mobility + Strength

Strengthening the upper body with mobility and range of motion combined to help with strength in the core and postural muscles. This will provided advancement in muscle development while respecting the body's ability. We will use weights, bars, bands, and other techniques to challenge the body.

Recap Cardio

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

Spin

Crank up the energy and burn major calories fast in our indoor cycling class! Class is led by certified Spinning instructors, but each participant is in control of their ride and has the power to adjust their bikes to their preferred difficulty.

Strength

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

Cardio Sculpt

This class utilizes a variety of cardio formats including hi/lo, dance fusion, kick boxing, and step while incorporating body sculpting exercises with weights, bands, and other equipment.

HIIT

High Intensity Interval Training - the most efficient way to exercise! We will perform short periods of intense exercises alternated with recovery periods. One of the biggest advantages of HIIT is that you can get maximal health benefits in minimal time. This class is meant to challenge you, but modified moves are available.

Quick Spin

Quick Spin is perfect for a busy lifestyle! In this class we will get the job done in 30 quick minutes, from the warm-up, to meeting that heart rate goal and bringing it back down!

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.

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.

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*).

Core Step

Kick off your Friday with an old-school step workout to raise your heart rate. 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 7:00 a.m.!

Silver Sneakers Classic

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. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers: Boom Move

Half the class will be dance-based exercise for older adults with the option to use a chair. The other portion of the class will be stretching and strengthening.

Silver Sneakers: Boom Muscle

Muscle training through dumbbells, bands, and balls. We will be focusing on strengthening the entire body with stretching at the end of class.