



Group Exercise

July 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.	Strength <i>Main Studio</i> (45 min.)	Cycle – Coach by Color® <i>Studio 1</i> (45 min.) <hr/> Yoga Flow <i>Main Studio</i> (45 min.)	Boot Camp <i>Main Studio</i> (45 min.)	Cycle Freestyle <i>Studio 1</i> (45 min.)	Strength Circuit Training <i>Main Studio</i> (45 min.)	8:15 a.m. Cycling – Instructor's Choice <i>Studio 1</i> (45 min.)
8 a.m.		Tai Chi Sticks <i>Main Studio</i> (30 min.)				9:15 a.m. Strength <i>Main Studio</i> (45 min.)
8:15 a.m.	Boot Camp <i>Studio 1</i>		Strength <i>Main Studio</i> (45 min.)	PIYO <i>Main Studio</i>	Strength Circuit Training <i>Main Studio</i> (45 min.)	10 a.m. Yoga Basics <i>On hiatus until September</i>
8:30 a.m.		Tai Chi <i>Main Studio</i>				
9 a.m.			Cycle – Freestyle <i>Studio 1</i> (45 min.)		Cycle – Freestyle <i>Studio 1</i> (45 min.)	SUNDAY
9:30 a.m.	New Horizons <i>Main Studio</i> <hr/> Yoga Basics <i>Studio 1</i>	ReFit <i>Main Studio</i>	New Horizons <i>Main Studio</i>	ReFit <i>Main Studio</i>	New Horizons <i>Main Studio</i>	2:30 p.m. Barre Blend <i>Studio 1</i> (30 min.)
9:45 a.m.			Barre Blend <i>Studio 1</i> (45 min.)		Cardio Barre <i>Studio 1</i> (45 min.)	3 p.m. Yoga Basics <i>Main Studio</i> (60 min.)
10:30 a.m.	Fitness for Life <i>Main Studio</i> (45 min.)		Fitness for Life <i>Main Studio</i> (45 min.)	Yoga Basics <i>Studio 1</i> (45 min.)	Low Impact L.I.I.T.	
10:45 a.m.		Yoga Chi <i>Main Studio</i>	Restorative Seated Stretching <i>Studio 1</i> (45 min.)			
noon		Line Dancing <i>Main Studio</i>	Yoga Flow <i>Small Studio</i>	Line Dancing <i>Main Studio</i>		All schedules are based on attendance and are subject to change. To remain on the schedule, class size must remain consistent.
4:45 p.m.	Strength Circuit Training <i>Main Studio</i> (45 min.)		H.I.I.T. <i>Main Studio</i> (45 min.)	Core Challenge <i>Studio 1</i> (45 min.)		
5 p.m.		Barre Blend <i>Studio 1</i> (30 min.)				
5:30 p.m.	Strength <i>Main Studio</i>	Cycle – Freestyle <i>Studio 1</i> <hr/> Power Yoga <i>Main Studio</i> (45 min.)	Pilates <i>Studio 1</i> (45 min.)	Strength Circuit Training <i>Main Studio</i> (45 min.) <hr/> Gentle Flow Yoga <i>Small Studio</i>		

Group Exercise Class Descriptions

■ **BodyPump®.** BodyPump® is the original barbell workout that strengthens the entire body. It challenges all major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. *All levels*

■ **Boot Camp.** This class is designed to challenge the experienced exerciser who wants to improve sport performance or go to the next level. Expect military and sports conditioning drills like sprints, plyometrics and strength work. **Not appropriate for beginner exercisers or those with orthopedic concerns.** *Intermediate – Advanced*

■ **Core Challenge.** A 45-minute class of exercises specifically targeted at strengthening core muscles.

■ **Cycle – Coach by Color®.** This group cycling class will utilize the Coach by Color® pacer program which combines accurate zonal training with stimulating color to help coach each participant's effort during the workout.

■ **Cycle – Freestyle.** This group cycling class will allow the instructor to take participants through a custom freestyle ride using Quick Start Mode. Riders will change terrain and speeds based on different cadence and resistance guidance from the instructor.

■ **Fitness for Life.** A low-impact cardio and strength training class. Expect to have fun and build your cardiorespiratory endurance in this freestyle class. *All levels*

■ **H.I.I.T.** Short, intense, unsustainable bursts of physical activity, paired with intervals of quick rests. *All levels*

■ **L.I.I.T.** Short, intense, low-impact burst of physical activity, paired with intervals of quick rests. *All levels*

■ **Line Dancing.** Learn popular, basic line dances that will improve your muscle tone, increase your cardiorespiratory endurance and be a lot of fun “to boot.” *All levels*

■ **New Horizons.** A total workout for seniors and those just beginning a fitness program. Cardio, strength, stretching, balance and relaxation are included. *Beginner*

■ **PIYO.** This class is a Yoga and Pilates mix offering strengthening, toning and flexibility. *All levels*

■ **Pilates-Based Mat Class.** Pilates is a combination of exercises that assist in creating strength, flexibility, improved posture, and efficiency of movement and mobility. *All levels*

■ **ReFit® – “Movement + Music”.** This class offers an aerobic dancing form of exercise to uplift the mind and work on weight loss. *All levels*

■ **Restorative Seated Stretching.** This class focuses on flexibility, range of motion and breath work. *All levels*

■ **Strength.** This freestyle class will focus on building muscular strength in all areas of the body, helping you get lean, toned and fit. Expect to use free weights, barbells, resistance bands and your own body weight to ensure no muscle group is left behind. *All levels*

■ **Strength Circuit Training.** Timed stations target different muscle groups with a rest time in between stations. *All levels*

MIND AND BODY CLASSES

■ **Barre Blend.** This class is designed to promote the long, lean muscles of a dancer while also improving posture, balance, stability and functional strength. *All levels*

■ **Cardio Barre.** This class is the same as Barre Blend but adds weights and cardio bursts into the routine. *All levels*

■ **Gentle Flow Yoga.** This class moves at a slower pace with fewer intense positions and with more relaxation and more breath work.

■ **Hot Yoga.** This class offers basic yoga postures in a room heated to 90 degrees. Yoga experience is required. A water bottle is also required.

■ **Power Yoga.** Power Yoga will explore strength-based yoga postures to develop greater overall muscle tone, more core control and perfect posture. Experience the fusion of yoga and functional fitness. Functional fitness exercises integrate whole-body strength rather than isolate one muscle or muscle group. *Intermediate – Advanced*

■ **Stretch, Rest, Restore.** This class offers deep stretching, relaxation and calming the mind. *All levels*

■ **Tai Chi.** Combines deep breathing with postures that flow from one to another through a series of slow, relaxed and continuous movement. *All levels*

■ **Tai Chi Short Sticks.** Dynamic Tai Chi movements with short sticks.

■ **Yoga Basics.** This class emphasizes breathing and concentration while performing basic yoga Asanas — or postures — to enhance strength, flexibility, balance and relaxation. This class is ideal for those who have never practiced yoga, and also can be enjoyed by those with an established practice. **(Inform the instructor if this is your first class.)** *All levels*

■ **Yoga Chi.** This class is a combination of chi (energy) work and chair yoga. Participants use acupressure points to improve the immune system and help relieve aches and pains. Qigong is practiced to keep chi flowing smoothly. Chair yoga incorporates gentle postures (asanas) and controlled breathing. The postures are intended to bring peace and calm to both the body and mind while increasing strength and flexibility. All moves are done in a chair. This class is 55 minutes. *Beginner*

■ **Yoga Flow.** Yoga postures flow from one pose to the next with strengthening and stretching movements, leaving you feel relaxed and restored. *All levels*