

Group Exercise

September 2019

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--|--|--|---|--|--|
| 6 a.m. | Pure Strength <i>Main Studio</i> (45 min.) | Cycle – Coach by Color® <i>Studio 1</i> (45 min.) | Boot Camp <i>Main Studio</i> (45 min.) | Cycle – Coach by Color® <i>Studio 1</i> (45 min.) | Boot Camp <i>Main Studio</i> (45 min.) | 8:15 a.m. Cycling – Instructor's Choice <i>Studio 1</i> |
| 8:15 a.m. | Boot Camp <i>Studio 1</i> | Tai Chi I <i>Main Studio</i> (45 min.) | Pure Strength <i>Main Studio</i> (45 min.) | | Body Weight Training <i>Main Studio</i> (45 min.) | |
| 8:30 a.m. | | Yoga II <i>Studio 1</i> | | Yoga II <i>Studio 1</i> | | |
| 9 a.m. | | Tai Chi Cane+ <i>Main Studio</i> (45 min.) | Cycle – Freestyle <i>Studio 1</i> (45 min.) | | Cycle – Freestyle <i>Studio 1</i> (45 min.) | 10:30 a.m. Zumba <i>Main Studio</i> |
| 9:30 a.m. | New Horizons <i>Main Studio</i> | Zumba® <i>Studio 1</i> | New Horizons <i>Main Studio</i> | Zumba® <i>Main Studio</i> | New Horizons <i>Main Studio</i> | |
| 9:45 a.m. | | Tai Chi II <i>Main Studio</i> | Barre Blend <i>Studio 1</i> (45 min.) | | Cardio Barre <i>Studio 1</i> (45 min.) | SUNDAY |
| 10:30 a.m. | Fitness for Life <i>Main Studio</i> (45 min.) | | Fitness for Life <i>Main Studio</i> (45 min.) | | Fitness for Life <i>Main Studio</i> (45 min.) | |
| 10:45 a.m. | | Yoga I <i>Studio 1</i> Yoga Chi <i>Main Studio</i> | | Stretch and Flex <i>Main Studio</i> | | 3 p.m. Yoga I <i>Main Studio</i> |
| 11:30 a.m. | | | | | | |
| noon | Vinyasa Yoga <i>Studio 1</i> (45 min.) | Line Dancing <i>Main Studio</i> | Vinyasa Yoga <i>Studio 1</i> (45 min.) | Line Dancing <i>Main Studio</i> | Vinyasa Yoga <i>Studio 1</i> (45 min.) | |
| 4:45 p.m. | H.I.I.T. <i>Main Studio</i> (45 min.) | | | | | |
| 5 p.m. | | Barre Blast <i>Studio 1</i> (30 min.) | Pilates <i>Studio 1</i> (45 min.) | Barre Blast <i>Studio 1</i> (30 min.) | | All schedules are based on attendance and are subject to change. To remain on the schedule, class size must remain consistent. ••• Participants should wear appropriate shoes to class. No work boots are allowed on the studio floor. |
| 5:30 p.m. | BodyPump® <i>Main Studio</i> Yoga I <i>Studio 1</i> (45 min.) | Cycle – Freestyle <i>Studio 1</i> Power Yoga <i>Main Studio</i> (45 min.) | | BodyPump® <i>Main Studio</i> Cycle – Coach by Color® <i>Studio 1</i> | | |
| 6:30 p.m. | | Yin Yoga <i>Main Studio</i> | | Yoga I <i>Studio 1</i> (30 min.) | | |

Group Exercise Class Descriptions

■ **Body Weight Training.** This class uses only your body weight as resistance for overall strength and endurance training that will give you an excellent workout. The added benefit is these exercises can be performed anywhere, which means no excuses when you can't make it to the gym. *All levels*

■ **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*

■ **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*

■ **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*

■ **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*

■ **Pure 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*

■ **Stretch and Flex.** This class helps to relieve the effects of tightness in your muscles with particular emphasis on hips and spine. *All levels*

■ **Zumba®.** Zumba® is a fitness party designed for everyone. Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be fun and easy to do. *All levels*

MIND AND BODY CLASSES

■ **Barre Blast.** Tone your arms, legs, booty and abs with this total-body, full-length Cardio Barre Workout. Cardio bursts are added in to increase calorie burn and torch fat. Switch up your routine by adding in barre fitness to challenge your body in new ways.

Beginner – Advanced

■ **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

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

■ **Tai Chi II.** The class continues to build on the discipline of Tai Chi. *Intermediate – Advanced*

■ **Tai Chi Cane+.** Members taking this class are required to have attended Tai Chi I, and must be able to do the Yang short form and Chen short and long forms. The class uses a walking cane and short sticks to do advanced Yang and Chen forms. The class also practices Wu 36 form. This class is 45 minutes. *Advanced Tai Chi participants*

■ **Hot Yoga – 90/90.** During 90 minutes in a 90 degree room the participant will do two sets of 26 yoga postures and two breathing exercises. *Advanced (Offered in Jan. and Feb. only)*

■ **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*

■ **Yin Yoga.** Find balance in your exercise routine with passive movement. Yin Yoga is a slow-paced meditative style of yoga composed of deep stretching. This class is for those seeking to increase flexibility and calm the mind. *All levels*

■ **Vinyasa Yoga.** Also known as Flow Yoga, this class reflects an emphasis on the movement, or flow, between poses. Students will focus on linking conscious breath with a mindful flow and awaken their strength, energy, and flexibility. *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 I.** 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 II.** This class emphasizes breathing and concentration while performing more challenging yoga Asanas — or postures — to enhance strength, flexibility, balance and relaxation. This class is ideal for those who have an established practice. *Intermediate – Advanced*