



## Group Fitness Schedule - October 12 – November 30, 2020

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am		Cycle/Core <b>JOANNA</b>			Group Cycle <b>JOANNA</b>		
8:45 – 9:40 am <b>(POOL)</b>		Aquafit (Combo) <b>MARY</b>		Aquafit (Combo) <b>DENYSE</b>		Aquafit (Combo) <b>MARY</b>	
9:00 am		Zumba <b>Oct 12,19 - Sharon</b> <b>Oct 26-Nov 30 - Lesley</b>		Cycle/Core <b>SUSAN</b>	Group Blast <b>MAX</b>	Sculpt <b>JACQUIE</b>	Interval Training <b>JACQUIE</b>
9:15 am (Cycle Studio)		Cycle/Yoga <b>GORD</b>				Group Cycle <b>AMANDA</b>	
9:30 – 10:25 am <b>(POOL)</b>			Aqua (DW) <b>JAN</b>		Aqua (DW) <b>JAN</b>		
10:00 am (Group Studio)	Zumba <b>STEPHANIE</b>		Zumba <b>LIAD</b>	Strength & Stretch <b>JACQUIE</b>			
10:00 am (Cycle Studio)	Group Cycle <b>Oct 18, Nov 1, 15, 29 – GORD</b> <b>Oct 25, Nov 8, 22 - JOANNA</b>						
10:30 am (Group Studio)		Sculpt <b>MAX</b>			Zumba <b>LIAD</b>	Yin Yoga <b>SUSAN</b>	Yoga Fit <b>JULIA</b>
11:30 pm (Group Studio)	Yin Yoga <b>ROSE</b>						
12:00 pm		Yin Yoga <b>SUSAN</b>	Cardio/Muscle <b>MELANIE</b>	Yoga Fit <b>ANDREA R</b>		BOSU/Muscle <b>MELANIE</b>	Sculpt <b>JENNA</b>
5:30 pm			Group Cycle <b>APRIL</b>	Group Power <b>AVERILL</b>	Tabata Express/Active Recovery <b>KEVIN R</b>		
6:00 pm		Zumba/Tone (Combo) <b>STEPHANIE</b>					
6:30 pm			Yoga Fit <b>MARIA</b>	Cycle/TRX <b>JOANNA</b>			
7:30 PM		Yoga Flow/Yin <b>TREASURE</b>		Cycle/TRX <b>JOANNA</b>			

## Descriptions

**Sculpt-** is a general full body resistance class. Depending on the instructor you will use a combination of dumbbells, resistance bands, and bodyweight

**Strength & Stretch (S&S)-** Half an hour of strength conditioning with a half-hour of working on flexibility.

**Cardio/Muscle-** A mix of freestyle cardio with full body strength training using a combination of tubing and light weights.

**BOSU/Muscle-** High intensity class featuring athletics, resistance training and plyometric moves using the BOSU. Not your typical group fitness class!

**Interval Training-** Interval class that includes a combination of strength and cardio moves

**Cardio Intervals-** This class will vary it's intensity throughout but is sure to keep your heart rate elevated using a variety of cardio based exercises that emphasize using bodyweight; it will include a dedicated stretch to finish

**Tabata-** High intensity 30 minute class that is structured in intervals of 20 seconds work and 10 seconds rest. This is followed by 15 minutes of mobility training and stretching.

**Zumba-** A cardio workout to the latest Latin beats, this class is as much a party as it is a workout!

**Zumba Tone-** The high energy fun of Zumba combined with the use of light weights makes for a best muscle toning, booty shaking class you've ever tried!

**Yoga Fit-** A holistic approach that uses postures, breath awareness, and relaxation technique to balance the mind, body, and spirit. Class is suitable for participants new to yoga with emphasis on execution of poses.

**YIN Yoga-** is a slow-paced style of yoga with postures that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

**Yoga Fit/Flow -** This is a combination of your traditional YogaFit mixed with flowing movements that utilize the breath.

**Group Cycle/Core-** Combine the endurance training of Indoor Cycling with a comprehensive core workout.

**Group Cycle/Yoga-** This program will combine the cardio conditioning of Indoor Cycling with the strength and flexibility of yoga poses. Develop your aerobic system, muscular strength and flexibility in this total body experience.

**Cycle/TRX-** This 75 minute class provides you with both cardio and strength training. You will begin with a 40 minute cycle and then transition to a strength focused TRX workout and finish with a stretch.