# Edison Group Exercise Schedule

## SPRING MARCH/APRIL

**Group Exercise Schedule** is **subject to change**. Be advised that you should consult a physician prior to starting any exercise program.

**Group Ex Class Rules: Minimum age to attend classes is 10 years old and able to stay focused, unless otherwise marked.** Participants must arrive no later than 10 minutes after class starts. Classes are first come, first serve. Pick up numbers in the Cardio room desk for sessions indicated. Participants are expected to put away equipment used during classes and must sign in after class is over.

**Key**
**MPR1**: Multi Purpose Room 1
**MPR2**: Multi Purpose Room 2

***SGT: Indicates a paid, small group training-see Welcome Center to register. Drop in-$20 (14 & older)**

***Enhance Fitness is free for members, but you must register to attend**

**Classes That Require Numbers:**
Zumba/Bolly/Bhangra, Bolly-X
(Limit is 30 per class if

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 6:00-7:00am **Sunrise Yoga** MPR2-Nancy | 6:00-7am **Group Cycling** MPR1-Karen | 6:00-7am **Sunrise Yoga** MPR2-Nancy | 6:00-7am **Group Cycling** MPR1-Marilyn | 6:00-7:00am **Sunrise Strength** MPR2-Karen | | |
| 7:45-8:55am **Yoga & Meditation MPR2-Reena** | 8:00-8:55am **Pilates** MPR2-Angela<br>**7:30-8:30am Intro to TRX SGT*** | 8am-8:55am **Yoga** MPR2-Preeti | 8:00-8:55am **Total Body** MPR2-Angela | 8am-8:55am **Yoga** MPR2-Preeti | | |
| 9-9:55am **Total Body** MPR2-Angela<br>**9am-10am TRX SGT*** | **8am-9am Women on Weights-Advanced SGT***<br>9-9:55am **HIIT** MPR2-Christine | 9:00-9:55am **Kickboxing** MPR2 -Ramya<br>**9am-10am Roll & Recover SGT*** | 9:00-9:55am **Pilates** MPR2-Angela<br>**10am-11am Women on Weights Beginner SGT*** | **9am-10am Squats, Slams, Ropes SGT*** | 8:00-8:55am **HIIT** MPR2-Ashok<br>9:00-9:55am **Zumba, Bolly & Bhangra** MPR2-Srividya | 8:00-8:55am **Step and Abs** MPR2-Megha<br>9:00-9:55am **Bolly-X** MPR2-Aanchal<br>**9am-10am Intro to TRX SGT*** |
| 10-10:55am **Zumba, Bolly & Bhangra** MPR2-Sakshi<br>12pm-1pm Enhance Fitness MPR2-Christine | 10:00-11am **Yoga** MPR2- Reena | 10:00-10:55am **Zumba** MPR2-Christine<br>12pm-1pm Enhance Fitness MPR2-Mike | 10:00-11:00am **Zumba, Bolly & Bhangra** MPR2-Sakshi | 10:00-10:55am **Zumba, Bolly & Bhangra** MPR2-Srividya<br>12pm-1pm Enhance Fitness MPR2-Christine | 10:00-11am **Yoga** MPR2-Payal | 10:00-11am **Yoga** MPR2-Sandy |
| 5-5:55PM **Teen/Tween Yoga** MPR2-Reena | 5-6pm **Yoga** MPR2-Reena | | 5-5:55pm **Gentle Yoga** MPR2-Ruth | | | |
| 6:00-6:55pm **Total Body** MPR2-Sandy<br>7:00-8pm **Yoga** MPR2-Sandy | 6:15-7:10pm **Zumba, Bolly & Bhangra** MPR2-Sakshi<br>7:15-8:15pm **Pranayama** MPR2-Preeti | 6:00-6:55pm **HIIT** MPR2-Marilyn<br>7:00-8pm **Zumba Toning** MPR2-Hollis | 6:00-6:55pm **Bolly X** MPR2-Aanchal<br>7:00-8pm **Pilates** MPR2-EJ | 6:00-7:00pm **Zumba, Bolly & Bhangra** MPR2-Sakshi | | **Want to stay up-to-date with class cancelations and changes?**<br>**Visit our website to sign up for text alerts.** |

# COMMUNITY CAMPUS GROUP EXERCISE CLASS DESCRIPTIONS

**Minimum age to attend Group Exercise classes is 10 years old, unless otherwise marked.**

**BOLLY-X:** The Bollywood Workout is a Bollywood-inspired, dance-fitness program that combines dynamic choreography and intense workouts.

**CYCLING:** Instructor-lead, non-impact cardio ride on specialized bikes simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. *Limited bikes are available

**ENHANCE FITNESS-**is the Y's Arthritis Management Program, designed to meet the needs of active older adults and to decrease risk of falling. Class includes cardio exercise, weights, balance, stretching, all done with chairs to assist. Everyone is welcome!

**HIIT:** High Intensity Interval Training has bouts of maximum effort, followed by varied recovery exercises, including weights

**PILATES:** Pilates is a body-conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back.

**PRANAYAMA**-is a yogic breathing practice that involves controlling and regulating the breath to improve physical and mental well-being. It's a key component of yoga, often practiced with asanas (postures) and meditation. Techniques can include rapid diaphragmatic breathing, slow/deep breathing, alternate nostril breathing, and breath holding.

**STEP & ABS:** Using the Step as a conduit for a great cardio workout, you'll have fun while working the entire body. Class will also include abdominal exercises to strengthen the core.

**STRONG NATION:** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**SUNRISE STRENGTH:** A full body workout focusing on strength exercises to build muscle and improver stamina and tone

**TEEN YOGA:** a gentle flow of poses and postures that build strength, promote harmony of body and mind and relieve stress. This class is just for Teens/Tweens ages 12-18.

**TOTAL BODY:** Classes include cardiovascular, strength, and flexibility exercises with props to work the entire body and tone/sculpt.

**(Gentle) YOGA:** a gentle flow of poses, which can include props to assist in achieving the desired result/ Beginner Level

**YOGA:** Yoga increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain (Yoga/Meditation includes the addition of Meditation to the practice.)

**ZUMBA:** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

**ZUMBA/BOLLY/BHANGRA:** An energetic fusion of Latin and Bollywood rhythms & is moderate to high intensity.

**ZUMBA TONING**: Perfect for those who want to the fun of a Zumba party, mixed with songs that focus on toning and sculpting muscles using light weights

***SGT**-Indicates a Small Group Training Class that requires additional payment.

You may register on our website, with the Welcome Center or Drop In for $20 per class. (14 and older)

**Squats, Slams, Ropes-** Using battle ropes and slam balls, this intense workout will utilize muscles in your glutes, back, abs and can be used to build legs with lunges, squats, slams and jumps.

**TRX Suspension Training** –a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously. Performed in a circuit-style for optimal fitness and fat burning.

**Women on Weights-**this class focuses on classic weight-training for proper use of dumbbells, barbells, kettle bells and more. Work on improving body mechanics, bone-density, strength, and overall well-being. In studies examining the link between exercise and bone growth, it was found that weight-bearing exercise, such as strength training or weight lifting, may prevent osteoporosis and create stronger bones. Beginner-New to weights , Advanced-Pre-Requisite: Completed Beginner Class or approved by Instructor