








the **GROUP EX** June 24-Sept 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Yoga Payal Studio	8:30-9:30am Yoga Payal Studio	9-9:55am Cardio Fit Jeanine Studio	9:00-10:00am Pilates* Maryna Studio	8:55-9:55am Yoga Nancy Studio	8:00-8:45am Aqua Bootcamp Elenamarie Pool	8:00-9:00am Water Aerobics Greg Pool
9:00-9:45am Aqua Fit Elenamarie Pool 	 9:30-10:30am Cardio Kickboxing Lori 7/2,7/9,7/16	9:00-9:45am Aqua Splash Betty Pool 	10:00-11:00am Cardio Kickboxing Lori Studio	9:30-10:25am Senior Spin Betty Cycle Studio	8:55-9:55am Yoga Nancy Studio	8:55-9:55am Yoga Nancy Studio
10:00-10:45am Forever Fit Elenamarie Studio 	**Please note!! 9:30-10:30am  Zumba Sirvidya Will be back 7/23/2024	10-11:00am Chair Yoga Nancy Studio		10-10:55am Zumba® Jeanine Studio	10-11:00am Chair Yoga Nancy Studio	10:00-11:00am Cycle Nancy Cycle Studio
	10:30-11:30am Silver Sneaker Classic Christyna Studio		5:00-5:45pm Aquacise Nik Pool	10:30-11:15am Aquacise Christyna Pool	11-11:55am Group Cycle Debbie Cycle Studio	10:00-10:55am Cardio Fit Jeanine Studio
			6:00-6:45pm Dance Fusion Nik  GYM	11:30-12:15pm Silver Sneaker Classic Christyna Studio		9-9:55am Boot Camp Giovanni Studio
6:30-7:30pm Tai Kick Lori Studio	6:00-7:00pm Total Body Conditioning Bridget Studio	6:30-7:30pm HIIT Giovanni Function Zone	6:30pm-7:30pm Yoga Kara Studio			
7:30-8:30pm Zumba Christyna Studio	7:00-8:00pm Group Cycle Debbie Cycle Studio	6:30pm-7:30pm Group Cycle Debbie Cycle Studio	7:30-8:30pm Cardio Kickboxing Debbie Studio			 Denotes **CHANGES To Schedule

Class Descriptions

Yoga—Build a strong body, mind, & spirit. This class incorporates poses and breathing exercises to improve posture, flexibility, balance, and energy levels.

Aqua Fit—Total body Aquatic fitness class. Use aquatic dumbbells & noodles to create a heart pumping cardio & strength class.

Total Body Conditioning—This class will include lower body, upper body and core strength segments that will strengthen and tone your total body!

Spin—Participants will be verbally & physically guided through a fitness journey on an indoor stationary bike. New participants should arrive early to set up your bike for a safe comfortable ride. Water bottle & towel mandatory.

Forever Fit—A community-based recreational exercise program developed by the Arthritis Foundation. Our trained AFEP instructor leads a variety of range-of-motion, endurance-building and balance exercises.

Tai Kick—This class combines elements of dance and Tai Chi. It's a high energy class that is appropriate for all fitness level. It's a great way to learn a bit about martial arts while burning calories and having fun at the same time.

Zumba®—Come join our party! Perfect for everybody and every body! Zumba® class mixes low and high intensity dance moves for an interval-style, calorie-burning dance fitness party to Latin and International beats.

Silver Sneakers Classic—This class focuses on strengthening muscles and increasing range of movement for daily life activities. Dumbbells, tubes, bands, and chairs are utilized for the exercises in this class.

Cycling—Be ready to get your sweat on! We'll motivate and guide you on a high energy indoor ride! You can work at your own individualized level by adjusting the tension on the bike. Limited to 6 participants per class.

Cardio Fit—Increase your cardiovascular endurance, muscle strength, and flexibility in a class designed to allow participants to establish their own goals so that people of all fitness levels are welcome.

Aqua Splash—Splash to the music while burning calories & having fun!

Chair Yoga—A gentle form of yoga that is practiced sitting on a chair or standing using a chair to help those with mobility issues. It helps to stimulate physical and mental well being by reducing stress and improving mental clarity, flexibility and strength.

Aqua Jam—This high energy low impact class is perfect for those looking to make a splash by incorporating all elements of fitness (cardio, strength, balance, core and flexibility) The goal of this class is to explore movement using multi-directional resistance of water.

HIIT—High Intensity Interval Training has bouts of maximum effort, followed by varied recovery exercises, sometimes w/ weights.

Pilates —A body conditioning routine that helps build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. Emphasis is on spinal and pelvic alignment, breathing and developing a strong core and improves coordination and balance.

Cardio Kickboxing—An aerobic workout including boxing and martial arts moves. A great total body workout that can improve strength, cardiovascular endurance, flexibility, coordination, and balance.

Aqua Sculpt—Tone & sculpt your entire body in the pool. Use the resistance of the water along with aquatic equipment to create a total-body workout while protecting your joints.

Aquacise—An Energizing total-body workout in the pool!

Senior Spin—This spin class is perfect for those new to spin or recovering from an injury. The instructor will take time to set you up properly on the bike & will teach you everything you need to know to get your motor running. You will get a safe effective workout. Great for all levels.

Aqua Bootcamp—A challenging water-based workout designed to improve cardiovascular endurance, muscular strength & endurance, coordination, and agility. Modifications offered for all fitness levels.

Water Aerobics—Come splash & burn with this fun total-body water aerobic exercise class.

Minimum age to attend classes is 12 years old, unless otherwise stated

****Please arrive to class on time—For your Safety DO NOT ENTER more than 15 minutes after the class start time.****

Proper clothing and footwear are required | Bring your own mat | Turn cell phones to silent

SCHEDULE IS SUBJECT TO CHANGE | SIGN UP FOR TEXT ALERTS | CHECK WEBSITE FOR UPDATES

Scan tag needed to enter all group fitness classes. Thank you !