



GROUP EX

FALL II November 1 - December 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15-9:55 Bodyweight Boot Camp* Giovanni STUDIO	9-9:55 Cardio Fit Jeanine STUDIO	9:15-10:10 Pilates* EJ Hybrid STUDIO	9-9:55 Yoga* Nancy STUDIO	8-8:55 Group Cycling Annmarie CYCLE	
	10-10:55 Zumba® Srividya GYM	10-10:55 Chair Yoga Nancy STUDIO	10:15-11:10 Tai Chi EJ STUDIO	10-10:55 Zumba® Jeanine STUDIO	9-9:55 Yoga* Nancy STUDIO	9-9:55 Yoga* Nancy STUDIO
10:30-11:15 Deep Water Elena POOL		10:30-11:15 Aqua Sculpt Elena POOL		10:30-11:15 Swimnastics Elena POOL	10-10:55 Fit for Life Jeanine ALTERNATING	9-9:55 Outdoor Boot Camp* Giovanni OUTSIDE
11:30-12:15 Forever Fit Elena STUDIO				11-11:55 Fit for Life Jeanine STUDIO	10-10:55 Chair Yoga Nancy STUDIO	10-10:55 Family Zumba® Srividya GYM
				Arrive up to 15 minutes early to sign in and get a number to reserve your spot. *Bring your own fitness mat. **Hybrid classes can be attended in-person or virtually from home. ***Family classes are inclusive to all members ages 12 and up, and to children ages 8-11 with a participating adult.		
6-6:55 Dance Jam Debbie STUDIO	6-6:55 Zumba® Jeanine STUDIO		6:15-7:10 Total Body* Jeanine STUDIO			
	7-7:55 Group Cycling Debbie CYCLE		7:15-8:10 Cardio Kickboxing Debbie STUDIO			

SCHEDULE IS SUBJECT TO CHANGE | SIGN UP FOR TEXT ALERTS

Be advised that you should consult a physician prior to starting an exercise program.

For more info contact Thomas Ryan
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Group Exercise Rules

Arrive up to 15 minutes prior to class start to get a number and reserve your spot | Please maintain social distancing | Minimum age to attend classes is 12 years old, unless otherwise stated | Please arrive to class on time—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
See instructor for specifics about the class

Class Descriptions

Boot Camp—A challenging circuit structured workout designed to improve cardiovascular endurance, muscular strength & endurance, coordination, and agility. Modifications offered for all fitness levels.

Cardio Fit—A great full body low-impact cardiovascular workout for all fitness levels.

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.

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.

Dance Jam—Sweat to the beat in this high intensity mixed dance style aerobics class!

Fit for Life—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.

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.

Group 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.

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.

Tai Chi—An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation and health.

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

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

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.

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