

Group Exercise Schedule –November 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	DEEP Strength** Debbie (MPR)	Group Cycling** Debbie (CS)	DEEP Core Strength** Debbie (GES/TRX)	Group Cycling** Debbie (CS)	DEEP Strength** Debbie (MPR)		
8:00 AM				Triple Threat Jean (GES)		Lift & Ride Sherry (GES/CS)	
8:30 AM	Muscle Conditioning Jen (MPR)		Body Blast Angela Z. (MPR)		Body Blast Angela Z. (MPR)		
9:00 AM	Yoga Flow Ann (GES)	Group Cycling Lauren (CS)	Slow Yoga Flow Ann (GES) Group Cycling Jean (CS)	Group Cycling Jenni (CS)	Group Cycling Jean (CS) Yoga Flow *NEW TIME* Mary (GES)		Yoga Core Sherry/Vicki (GES)
9:30 AM		Silver Sneakers Classic® Tony (GES)		Silver Sneakers Classic® Tony (GES)	Zumba Gold * (9:40)* Traci (MPR)	Group Cycling Rotation Schedule below (CS)	
10:00 AM	"Golden Gang" Cardio Express Jenni (MPR)		"Golden Gang" Cardio Express Jenni (MPR)			PiYo® Chris (GES)	Group Cycling Rotation Schedule below (CS)
10:30 AM							Mindful Yoga** Beth (GES)
10:45 AM	Silver Sneakers Classic® Jenni (GES)	Silver Sneakers Cruise n' Classic® Tony (CS/GES)	Silver Sneakers Classic® Angela W. (GES)	Silver Sneakers Cruise n' Classic® Tony (CS/GES)	Silver Sneakers Classic® Traci/Christy (GES)		
11:40 AM			Silver Sneakers Chair Yoga® Beth (GES)		Silver Sneakers Chair Yoga® NEW! Carlie (GES)		
12:15 PM		Yoga Basics Ann (GES)		Yoga Basics Ann (GES)			
5:30 PM		Muscle Conditioning Jen (TRX)		Muscle Conditioning Jen (MPR)			
6:15 PM			Zumba*** Brenda (GES) 10/25-11/22, 11/29-12/27 \$35 mem / \$65 non \$10 drop in			Silver Sneaker eligible classes are all highlighted!	
6:30 PM	Group Cycling Lauren (CS) Yoga Flow Mary (GES)	Group Cycling Jen (CS)	Group Cycling Tony/Sandie (CS) Yoga Flow Mary (TRX)	Group Cycling Tony (CS)		TRX = TRX Studio (former DEN) GES = Group Exercise Studio MPR = Multi-Purpose Room CS = Cycling Studio	**Non-residents can buy a 10-punch pass for \$80 for all the M-F 5:45 am classes plus the Sunday 10:30 am Mindful Yoga class**
7:15 PM		Tai Chi*** Barb (MPR) 10/10-11/21*no class 10/31 Short Form: \$10 drop in Long Form: \$13 drop in			Class descriptions are on the back!!		***Classes in black squares are session based and do not fall under our group ex passes. Individual rates are listed. More info in Rec Gazette.

Instructor Rotations:

Saturday 9:30 AM Group Cycling: 11/4-Ann Marie, 11/11-Jen, 11/18-Ann Marie, 11/25-Jen
 Sunday 10:00 AM Group Cycling: 11/5-Tony (endurance ride), 11/12-Stacey, 11/19-Jen, 11/26-Jen

Group Exercise Rates

One Year Pass - \$250 member/\$400 resident
 Monthly Pass (30 days) - \$55 member/\$75 resident
 Daily Pop-in - \$5 member/\$10 non-member

Class Descriptions:All of our instructors can adjust the class format to meet the needs and abilities of class participants****

Body Blast

Your "all in one" workout! Workouts will challenge you with both mixes of cardio exercises and strength training for a duration of one hour and 15 minutes. Friday's class is a one hour class.

DEEP Strength

Looking to gain raw strength? This class is the perfect class to build strength in a progressive manner using compound movements and core lifts. Class moves at a fast pace!

DEEP Core Strength

The perfect complement to the DEEP Strength Series, this class confines strength building exercises to your core...the source of all your power. Class focuses on those little muscles that have to help the big muscles.

"Golden Gang" Cardio Express

Comprehensive 30-minute low impact cardiovascular conditioning to music, including range of motion and balance exercises to improve your overall fitness and health. *Class is free to our Silver Sneaker members.

Group Cycling

Indoor Cycling is a group exercise class done on stationary bikes. During the class the instructor simulates a ride. Together you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class. The beauty of indoor cycling is that you can do it even when it's raining or snowing outside! You will be motivated by the instructor, the people around you and by the music! It's lots of fun with the class in total darkness with black lights to guide your way to total fitness! See the front desk to reserve your bike.

Lift & Ride

Your two for one class! Spend the first half doing strengthening exercises and the last half pedaling away to the music on the group cycling bikes.

Muscle Conditioning

If you've ever been too intimidated to walk into the weight room at the gym, this is your class. Focusing on the full body, this all-levels class uses equipment and body weight exercises – along with intermittent cardio – to build strength while increasing endurance. Simple, strong movements may be made more intense with heavier weights.

Mindful Yoga

Combines the practice of mindfulness, basic yoga, and breathing techniques. Mindful yoga develops purposeful movement while being fully present with openness and acceptance. Each class begins with mindfulness meditation. The last class of the month will be a full meditation class. *Class is free to our Silver Sneaker members.

PiYo®

PiYo is a cardio strength fusion inspired by yoga and Pilates. It's functional strength training using YOUR body to WORK your body. Think squats, lunges & push-ups meet sun salutations, balance movements and core training...you'll get it all in a PiYo class!

Silver Sneakers Classic®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. *Class is free to our Silver Sneaker members. **10:45 am Tuesday and Thursday classes start out with a nice cruise on the indoor cycling bikes.

SilverSneakers Chair Yoga®

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. *Class is free to our Silver Sneaker members.

Slow Yoga Flow

Very similar to Yoga Flow, this class is a little slower with fewer strenuous poses.

Tai Chi "Flow & Qigong" Exercises 7:15-8:00 pm (Short Form)

This treasured form of exercise will leave you relaxed and refreshed. Practice will enhance immune system, balance, flexibility, endurance and well-being. With fluid movements, focus and gentle/controlled breathing... it's a great workout for any and all ages and fitness levels! No previous experience necessary. *More info in Rec Gazette

Tai Chi Flow, Qigong & "Long Form" 7:15-8:45 pm (Long Form)

Warm up with the Flow & Qigong class, and then focus on the Traditional 108 Movement W Style Long Form. Familiarity with the "Flow & Qigong" Class is required. *More info in Rec Gazette

Triple Threat

Mix it up with this workout designed around 3 minutes of strength, 3 minutes of core, and 3 minutes of cardio. This sequence is repeated 5 times through. Bring your water and towel!

Yoga Basics

All the goods yoga brings to your mind and body in more of an introductory fashion. Class is floor based and is the perfect way to get started with yoga. All levels are welcome, however, participant must be able to get on and off the floor without assistance. *Class is free to our Silver Sneaker members.

Yoga Core

A little bit of yoga poses, little bit of core work, and little mix of both for an overall challenging, yet rejuvenating class. A great way to get your Sunday and Friday started off the right way.

Yoga Flow

This is an energizing class that combines posture (asana) with breath and movement. Build strength and stamina, increase flexibility, and finish with deep relaxation for a feeling of balance and rejuvenation. Please bring your own yoga mat.

Zumba®

Exciting dance workout that blends energizing international music with easy to follow moves. Have fun, burn calories, and let the music move you! All levels welcome, no experience necessary! *More info in Rec Gazette

Zumba Gold®

Perfect Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *Class is free to our Silver Sneaker members.