



# Group Fitness Schedule-March 2019



## Monday:

- 5:45am DEEP Strength (Debbie-MPR)
- 8:30am Muscle Conditioning (Jen-MPR)
- 9:00am Yoga Flow (Ann-GES)
- 9:45am ZUMBA Gold (Traci-MPR)
- 10:45am Silver Sneakers Classic (Traci-GES)
- 6:00pm Yoga Flow (Mary-GES)
- 6:30pm Group Cycling (Lauren-CS)

## Thursday:

- 5:45am Group Cycling (Debbie-CS)
- 8:00am Triple Threat (Franci-GES)
- 9:00am Group Cycling (Jenni-CS)
- 9:30am Silver Sneakers Classic (Tony-GES)
- 10:45am Silver Sneakers Cruise 'n Classic (Tony-GES)
- 12:15pm Yoga Basics 2 (Ann-GES)
- 1:15pm Yoga Basics 3 (Ann-GES)
- 5:30pm Muscle Conditioning (Jen-MPR)
- 6:30pm Group Cycle (Tony-CS)

## Tuesday:

- 5:45am Group Cycling (Debbie-CS)
- 9:00am Group Cycling (Karen-CS)
- 9:30am Silver Sneakers Classic (Tony-GES)
- Total Body 45 (Christy-TRX)
- 10:45am Silver Sneakers Cruise 'n Classic (Tony-GES)
- 11:15am Yoga Basics 1 (Ann-MPR)
- 12:15pm Yoga Basics 2 (Ann-GES)
- 5:30pm Muscle Conditioning (Jen-TRX/GES)
- 6:30pm Group Cycling (Jen-CS)
- 7:00pm Tai Chi (Barb-MPR)-session based-see Gazette**

## Friday:

- 5:45am DEEP Strength (Debbie-MPR)
- 8:30am Bootcamp (Laura-MPR)
- 9:00am Group Cycling (Jean-CS)
- Yoga Flow (Mary-GES)
- 9:45am ZUMBA Gold (Traci-MPR)
- 10:45am Senior Strength (Christy-GES)
- 11:45am Silver Sneakers Chair Yoga (Beth-GES)

## Wednesday:

- 5:45am DEEP Core Strength (Debbie-GES/TRX)
- 9:00am Slow Flow Yoga (Ann-GES)
- Group Cycle (Jean-CS)
- 10:00am Golden Gang Cardio (Jenni-MPR)
- 10:45am Silver Sneakers Classic (Jenni-GES)
- 11:45am Silver Sneakers Chair Yoga (Beth-GES)
- 6:00pm Power Vinyasa Yoga (Jessica-GES)
- 6:30pm Group Cycling (Elizabeth/Sandie-CS)

## Saturday:

- 8:00am Power Vinyasa Yoga (Alison-TRX)
- Lift and Ride (Sherry-GES/CS)
- 9:30am Group Cycling (Rotation-CS)
- PIYO (Chris-GES)

## Sunday:

- 9:00am Yoga Core (Sherry/Vicki-GES)
- 10:00am Group Cycling (Rotation-CS)
- 10:30am Mindful Yoga (Beth-GES)

### Cycle Instructor Rotations:

Saturday 9:30AM: 3/2-Jen, 3/9-AnnMarie, 3/16-Jen, 3/23-AnnMarie

Sunday 10:00AM: 3/3-Tressa, 3/10-Sherry, 3/17-Instructor, 3/24-Stacey, 3/31-Stacey

TRX=TRX Studio GES=Group Exercise Studio  
MPR=Multipurpose Room CS=Cycle Studio

\*Classes included in Silver Sneakers Program are underlined\*

\*Non-residents can buy a 10-punch pass for \$80 for the M-F 5:45am classes and Sunday Mindful Yoga\*\*

**Class Descriptions: \*\*Class formats can be adjusted to meet the needs and abilities of participants\*\***

**Bootcamp (60 min.):** This class is a great total body workout that combines cardio, weights, and core exercises. Make it as challenging as you like! Suitable for all fitness levels.

**DEEP Strength (60 min.):** 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 (60 min.):** The perfect complement to the DEEP Strength Series, this class confines strength building exercises to your core the source of all your power.

**"Golden Gang" Cardio Express (30 min.):** Comprehensive 30-minute low impact cardiovascular conditioning including range of motion and balance exercises to improve your overall fitness and health.

**Group Cycling (55 min.):** During the class the instructor simulates a ride and together you travel on flat roads, climb hills, sprint and race! See the front desk to reserve your bike.

**Lift & Ride (75 min.):** This is a great 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 (60 min.):** 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 (60 min.):** Combines the practice of mindfulness, basic yoga, and breathing techniques. Mindful yoga develops purposeful movement while being fully present with openness and acceptance. The last class of the month will be a full meditation class.

**PiYo® (60 min.):** PiYo is a cardio strength fusion inspired by yoga and Pilates. It's functional strength training using YOUR body to WORK your body.

**Power Vinyasa Flow Yoga (60 min.):** Power Vinyasa Yoga is a powerful, energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements. Get ready to be challenged, to sweat and have fun! Classes are designed for ALL LEVELS, although some knowledge of basic poses is suggested.

**Silver Sneakers Classic® (45-60 min.):** Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support.

**Silver Sneakers Chair Yoga® (50 min.):** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

**Senior Strength (45min.):** *This class combines functional strength training with low impact cardio exercises. Build strength and stamina for daily living. A chair is used for seated and/or standing support.*

**Slow Yoga Flow (60 min.):** Very similar to Yoga Flow, this class is a little slower with fewer strenuous poses.

**Tai Chi "Flow & Qigong" Exercises 7:00-8:00 pm (Short Form):** This form of exercise will leave you relaxed and refreshed. Practice will enhance immune system, balance, flexibility, endurance and well-being. 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" 7:00-8:45 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**

**Total Body 45 (45 min.):** Join us for this new class that mixes low impact cardio, strength training, and core training movements. The circuit style will keep you moving! Suitable for all fitness levels.

**Triple Threat (60 min.):** 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 4 times through.

**Yoga Basics 1 (45 min.):\*** This class is intended for the true beginner, an older population, or people with physical limitations. Props and modifications will be offered. A more in depth description is available at the front desk.

**Yoga Basics 2 (50 min.):\*** This class is intended younger adult beginners or older adults who have some yoga experience. Class includes breathing practices and meditation. A more in depth description is available at the front desk.

**Yoga Basics 3 (60 min.):** Continue to challenge your yoga practice with this new class! Some yoga experience and knowledge of poses is recommended.

**Yoga Core (60 min.):** A little bit of yoga poses, little bit of core work, and little mix of both for an overall challenging, yet rejuvenating class.

**Yoga Flow (60 min.):** 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.

**Zumba Gold® (45 min.):** 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.

**Group Fitness Rates:**

One Year Pass-\$250 member/\$400 resident

Monthly Pass (30 days)-\$55 member/\$75 resident

Daily Pop-in-\$5 member/\$10 non-member