



Group Fitness Schedule-October 2018

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)
 6:30pm Group Cycling (Lauren-CS)
 Yoga Flow (Mary-GES)

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)
 5:30pm Muscle Conditioning (Jen-MPR)
 6:30pm Group Cycle (Tony-CS)

Tuesday:

5:45am Group Cycling (Debbie-CS)
 9:00am Group Cycling (Lauren-CS)
 9:30am **Silver Sneakers Classic** (Tony-GES)
 Total Body 45 (Christy-TRX) ***NEW***
 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)
 7:15pm **Tai Chi (Barb-MPR) Session based class*****

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)
 8:30am Body Blast (Angela-MPR)
 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)
 5:00pm Yoga Flow (Mary-GES)
 6:30pm Group Cycling (Elizabeth/Sandie-CS)
 ZUMBA (Brenda-GES)

Saturday:

8:00am 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)

*Silver Sneakers Classes are highlighted

*** Session based classes do not fall under our group fitness pass. Individual rates listed in the Gazette.

*Non-residents can buy a 10-punch pass for \$80 for the M-F 5:45am classes plus Sunday 10:30am Mindful Yoga class**

TRX=TRX Studio

GES=Group Exercise Studio

MPR=Multipurpose Room

CS=Cycle Studio

Cycle Instructor Rotations:

Saturday 9:30AM: 10/6-Anne Marie, 10/13-Jen, 10/20-Anne Marie, 10/27-Jen

Sunday 10:00AM: 10/7-Tony (endurance), 10/14-Sherry, 10/21-Jen, 10/28-Stacey

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

Body Blast (75min)

This class is an "all in one" workout! Workouts will challenge you with both mixes of cardio exercises and strength training for one hour and 15 minutes.

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.

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.

SilverSneakers 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 7:15-8:00 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" 7:15-8:45 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**

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 (60 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 (60 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 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® (60 min.)

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!

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