



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROUP FITNESS CLASS SCHEDULE
FALL I SESSION
MORNING CLASSES
September 9 - October 26, 2019

| <u>TIME</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|-----------------|-----------------------------|---|---------------------------------------|---|-----------------------------|-----------------|
| 5:00-9:00 AM | Pickleball | Y-Walk | Y-Walk 1/2 Gym Pickle Ball 1/2 Gym | Y-Walk | Pickleball | |
| 5:30-6:30 AM | | Group Cycle | | Group Cycle | | |
| 7:00-7:45 AM | Stretch & Tone | | Stretch & Tone | | Stretch & Tone | |
| 8:00-8:45 AM | Y-Pump | Low Impact Aerobics (Studio) | Yoga | Low Impact Aerobics (Studio) | Y-Pump | Y-Pump |
| 9:00 - 9:30 AM | | Pilates (Studio) <u>Senior Boxing</u> | Transform® By Beachbody | Pilates (Studio) <u>Senior Boxing</u> | | |
| 9:00 - 9:45 AM | Beachbody Core De Force® | Beachbody PiYo® | | Beachbody PiYo® | Beachbody Core De Force® | |
| 9:45 - 10:15 AM | | | Barre Above® | | | |
| 10:30-11:00 AM | Silversneakers Classic® | | Silversneakers Classic® | | Silversneakers Classic® | |

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

BARRE ABOVE®: A workout that fuses Yoga, Pilates, Strength Training, and Ballet. This pattern of exercise helps to improve strength, balance, flexibility and posture. **Instructor - Carey**

BEACHBODY CORE DE FORCE®: Core De Force® is a high-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. **Instructor - Meredith**

BEACHBODY PiYo®: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use body weight to perform a series of continuous, targeted moves to define every single muscle - big and small. This intense, yet low-impact workout will burn calories while you sweat, stretch, and strengthen - all in one empowering PiYo® workout. **Instructor - Staci**

GROUP CYCLE: Group cycling classes combine energizing music with a unique fitness workout for powerful results. You get all of the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting. **Instructor - Mike**

LOW IMPACT AEROBICS: Start your day with a light cardio workout. All moves can be modified to suit your specific fitness needs and goals. **Instructor - Nancy**

SENIOR BOXING: Boxing is for any body and any age. In this class you will move through stances, jabs, punches and blocks. Boxing stance strengthens your core, back, and leg muscles while the punches strengthen your shoulders and arms. The aerobic part of boxing does double the work by helping to keep you mentally and physically fit. **This class is designed for participants over the age of 55. Instructor - Jim**

SILVERSNEAKERS CLASSIC®: Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **Instructor - Carey**

STRETCH & TONE: Warm up with a little cardio, and tone with resistance training. Learn all aspects of properly stretching for a total body workout. **Instructor - Carey**

PILATES: A non-impact workout that strengthens the "powerhouse" muscles of the abdomen, hips, lower back and gluteus. It improves posture and stability, as well as coordination and balance. **Instructor - Carey**

TRANSFORM®, by BEACHBODY: Get ready to sculpt your core, legs, glutes, and upper body through the use of step. Don't worry, this isn't old-school step aerobics--it's functional fitness that's fun. The level of intensity is up to you. Plus, in addition to the flexibility with tempo, **Transform LIVE** offers regressions and progressions that make the class accessible and effective for everyone. **Instructor - Meredith**

YOGA: Renew your mind and body through simple, basic, and gentle movements. Hatha Yoga done in a vinyasa style is perfect for anyone looking to improve flexibility. Great for all fitness levels. **Instructor - Staci/Heather**

Y-PUMP: Add this workout to your day! This class will build muscle, endurance and challenge your cardiovascular system, along with strength training for total body conditioning. **Instructor - Staci, Danielle**

Y-WALK: Enjoy walking indoors while socializing with friends! \$30 per session for program participants.