

Group Exercise Schedule

EFFECTIVE: May 1, 2022



Monday

Time (a.m.)	Class	Instructor
5:10 - 5:55	Group Cycling	Mike
5:45 - 6:30	FoxFit	Justice
6:15 - 7:00	Sculpt	Laura
9:00 - 9:55	AquaFit	Hannah
9:00 - 9:45	Group Cycling	Sheffield
9:15 - 10:00	Barre	Ashley
10:15 - 11:00	Pilates	Jackie
11:15 - 12:15	Yoga (Vinyasa Flow)	Panchi
Time (p.m.)		
12:30 - 1:15	Cardio Dance 101	Sheffield
4:30 - 5:15	AMPED	Eddie
4:45 - 5:15	Kids Strength & Conditioning	Nick
5:30 - 6:15	Barre	Sarah G
5:30 - 6:15	FoxFit	Nick
5:45 - 6:30	Group Cycling	Nancy
6:30 - 7:30	Yoga (Vinyasa Flow)	Panchi

Tuesday

Time (a.m.)	Class	Instructor
5:10 - 6:00	Cardio Sculpt	Mollie
5:45 - 6:30	FoxFit	Justice
6:15 - 7:00	PiYo	Trish
8:00 - 8:45	Tai Chi	Taylor
9:00 - 9:55	AquaFit	Anna
9:15 - 10:00	AMPED	Eddie
10:15 - 11:00	Sculpt 101	Anna
11:15 - 12:15	Yoga (Vinyasa Flow)	Chimeg
Time (p.m.)		
4:30 - 5:15	Power Push Perform	Lauren
5:30 - 6:15	FoxFit	Nick
5:30 - 6:15	Sculpt	Laura
5:45 - 6:30	Group Cycling	Bob

Wednesday

Time (a.m.)	Class	Instructor
5:10 - 5:55	Group Cycling	Ian
5:30 - 6:15	Barre	Susan
5:45 - 6:30	FoxFit	Brad
9:00 - 9:55	AquaFit	Linda
9:00 - 9:45	Group Cycling	Kate
9:15 - 10:00	Sculpt	Sheffield
10:15 - 11:00	Pilates	Jackie
11:15 - 12:15	Yoga (Vinyasa Flow)	Panchi
Time (p.m.)		
12:30 - 1:15	Tai Chi	Taylor
4:30 - 5:15	AMPED	Eddie
5:30 - 6:15	Barre	Sarah G
5:30 - 6:15	FoxFit	Nick
5:45 - 6:30	Group Cycling	Kate
6:30 - 7:30	Yoga (Vinyasa Flow)	Monique

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Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:00	HIIT	Susan
5:45 - 6:30	FoxFit	Justice
6:15 - 7:00	PiYo	Trish
8:00 - 8:45	Tai Chi	Taylor
9:15 - 10:00	AMPED	Hannah
10:15 - 11:00	Sculpt 101	Hannah
11:15 - 12:15	Yoga Yin	La Tonia

Time (p.m.)	Class	Instructor
4:30 - 5:15	Power Push Perform	Lauren
4:45 - 5:15	Kids Strength & Conditioning	Nick
5:30 - 6:15	FoxFit	Nick
5:45 - 6:30	Group Cycling	Bob

Friday

Time (a.m.)	Class	Instructor
5:45 - 6:30	FoxFit	Justice
6:15 - 7:00	Barre	Sarah G
9:00 - 9:55	AquaFit	Anna
9:00 - 9:45	Group Cycling	Sheffield
9:15 - 10:00	Sculpt	Lisa
Time (p.m.)	Class	Instructor
5:45 - 7:15	Sip and Stretch	Martha

Saturday

Time (a.m.)	Class	Instructor
8:30 - 9:15	Group Cycling	Martha
8:30 - 10:00	FoxFit	Michael
8:30 - 9:15	Barre	Danielle
9:00 - 9:55	AquaFit	Trish
9:30 - 10:15	AMPED	Eddie
11:15 - 12:15	Yoga (Vinyasa Flow)	Vanessa

Sunday

Time (p.m.)	Class	Instructor
1:00 - 1:45	AMPED	Eddie
4:45 - 5:45	Yoga (Vinyasa Flow)	Matthew

Classes and instructors are subject to change. Classes must maintain an average of five participants to remain on the schedule. Each class must have at least three participants to be conducted.

Group Exercise Classes

AMPED

A 45 minute full body workout where cardio conditioning is incorporated with weight training. AMPED will improve muscle tone and definition while burning calories in a diverse way. This challenging class is welcome to all fitness levels as most movements can be modified to your own pace and needs. Set to a great musical playlist that is sure to get you AMPED!

AquaFit

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

Barre

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

Cardio Dance 101

Join us for low impact dance movement with strength intervals. Music from the 50's, 60's, 70's and 80's.

FoxFit

FoxFit is a fitness program that combines a wide variety of functional movements and skills to a timed or scored workout. It is appropriate for any skill level, as all workouts are scaleable. **Location - Basketball Court.**

Group Cycling

A cardiovascular workout on a stationary bike set to music in our new cycling studio. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level. Our Keiser bikes are compatible with Shimano SPD cleats or you may wear tennis shoes. **Location - Cycling Studio.**

Pi/Yo

This class combines the benefits of Pilates and yoga into one class. All fitness levels are welcome.

Pilates

Pilates combines stretching and strengthening moves that build core strength, improve posture and increase flexibility.

Power Push Perform

Centered around body weight and functional movement patterns, P3 aims to develop cardio and strength while exploring the boundaries of one's mobility and endurance. Every press, every pull, every hold is broken down to the finest details to squeeze the sweat out of every last rep. Learn when to whisper and when to scream at the body.

Sculpt

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

Sculpt 101

In Sculpt 101, we dial back the complexity of the exercises. Attendees will use hand weights, medicine balls, body bars, etc. for resistance but muscle groups will be worked individually as opposed to more advanced "compound" exercises. This class is perfect for people new to weight lifting, recuperating from injury or those who are "balance challenged."

Tai Chi

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.

Yoga - Sip and Stretch

A traditional Hatha yoga class with an emphasis on stretching. Improve your flexibility, strength and balance while bringing your body, mind and spirit into balance.

Yoga - Vinyasa Flow

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

Yoga - Yin

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and thoracic spine to allow for stability in the low back and knees. Postures take place on the floor in a non-weight bearing manner and are held for longer periods of time to lengthen and strengthen connective tissues, restore energy, calm the nervous system and help in injury prevention and joint health.