

# Group Exercise Schedule

EFFECTIVE: July 25, 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 |
|---------------|--------------------|------------|
| 5:45 - 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       |
| 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    |

# Group Exercise Schedule

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## Thursday

| Time (a.m.)   | Class             | Instructor |
|---------------|-------------------|------------|
| 5:15 - 6:00   | <b>HIIT</b>       | Susan      |
| 5:45 - 6:30   | <b>FoxFit</b>     | Justice    |
| 6:15 - 7:00   | <b>PiYo</b>       | Trish      |
| 8:00 - 8:45   | <b>Tai Chi</b>    | Taylor     |
| 9:00 - 9:55   | <b>AquaFit</b>    | Antoinette |
| 9:15 - 10:00  | <b>AMPED</b>      | Hannah     |
| 10:15 - 11:00 | <b>Sculpt 101</b> | Hannah     |
| 11:15 - 12:15 | <b>Yoga Yin</b>   | La Tonia   |

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

## Friday

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

## Saturday

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

## Sunday

| Time (p.m.) | Class                      | Instructor |
|-------------|----------------------------|------------|
| 1:00 - 1:45 | <b>AMPED</b>               | Eddie      |
| 4:45 - 5:45 | <b>Yoga (Vinyasa Flow)</b> | 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.