



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:50 AM SENIOR BALANCE ROBIN	8:00-8:50 AM LOW IMPACT KATHRYN	8:00-8:50 AM SENIOR BALANCE DEANNA	8:00-8:50 AM SENIOR INTERVAL KATHRYN	8:00-8:50 AM SENIOR BALANCE ROBIN		
9:00-10:00 AM ZUMBA ANDREA R	9:00-10:00 AM RIPPED FRANK	9:00-10:00 AM ZUMBA ANDREA R	9:00-10:00 AM YOGA KATHRYN	9:00-10:00 AM SHINE FITNESS PAMELA	9:00-10:00 AM RIPPED FRANK	9:00-10:00 AM CHISEL'D YVETTE
10:15-11:15 AM PILATES MAT JEAN	10:15-11:15 AM CHISEL'D FRANK	10:15-11:15 AM YOGA JEAN	10:15-11:15 AM FUNCTIONAL STRENGTH KATHRYN	10:15-11:15 AM YOGA ANDREA	10:15-11:15 AM CHISEL'D FRANK	
					11:45 AM-12:45 PM COUNTRY LINE DANCING CHRISTINA	
	4:15-5:15 PM YOGA KATHRYN		4:15-5:15 PM CARDIO-BARRE JANELLE			
5:30-6:30 PM SHINE FITNESS PAMELA	5:30-6:30 PM BODY BLAST ANGELA	5:30-6:30 PM SHINE FITNESS PAMELA	5:30-6:30 PM CHISEL'D DEANNA			
6:15-6:45 PM UPLIFT PAMELA						

## SPIN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPIN/STRENGTH 5:30 AM MARY	8:00-8:45 AM MARY	SPIN/STRENGTH 5:30 AM MARY	8:00-8:45 AM NADINE		
9:00 AM DEANNA		9:00 AM NADINE		9:00 AM NADINE		

Schedule effective for April, 2024

## **CARDIO TRAINING**

**SENIOR INTERVAL:** THIS CLASS COVERS ALL YOUR FITNESS NEEDS, ALTERNATING INTERVALS OF STRENGTH TRAINING WITH NON-JARRING AEROBICS, THEN ENDING WITH A RELAXING STRETCH. THE MOVEMENTS ARE DESIGNED WITH SENIORS IN MIND!

**LOW IMPACT AEROBICS:** THIS CLASS IS A GENTLER EXERCISE PROGRAM OF CHOREOGRAPHED AEROBICS. THE WORKOUT IS KIND TO THE JOINTS AND CONTAINS NO JUMPING OR JARRING MOVEMENTS.

**SHINE FITNESS:** SHINE IS A CHOREOGRAPHED DANCE-FITNESS PROGRAM SET TO CURRENT HIT MUSIC WITH BALLET, HIP-HOP AND JAZZ INFLUENCES. JOIN THE FUN AND TURN YOUR SWEAT INTO SHINE!

**RIPPED:** EXPERIENCE THE ONE STOP BODY SHOCK SYSTEM TO TORCH FAT AND IGNITE STRENGTH. “R” IS FOR RESISTANCE; “I” IS FOR INTERVAL, “P” IS FOR POWER, “P” IS FOR PLYOMETRICS; “E” IS FOR ENDURANCE AND “D” IS FOR DIET.

**SPINNING:** JOHNNY G’S INTERNATIONALLY ACCLAIMED INDOOR CYCLING PROGRAM BUILDS CARDIOVASCULAR ENDURANCE AND KEEPS YOU READY FOR THE ROAD.

**ZUMBA:** THIS LATIN-INSPIRED CLASS FEELS MORE LIKE A PARTY THAN A WORKOUT. BURN FAT, HAVE FUN, FEEL HOT, HOT, HOT!

**BODY BLAST:** BASIC STEP FOR CARDIO, BARRE FOR SCULPTING AND PILATES FOR CORE POWER WILL BLAST YOU INTO SHAPE!

## **MUSCLE CONDITIONING**

**UPLIFT:** STRENGTH ROUTINES UTILIZING MINI BALLS, BANDS AND HAND WEIGHTS SET TO ICONIC MUSIC FOR A TOTAL BODY WORKOUT.

**FUNCTIONAL STRENGTH:** BOUTS OF TRADITIONAL STRENGTH TRAINING FOR BUILDING LEAN MASS AND BONE DENSITY ALTERNATE WITH MULTI-PLANAR STRENGTH PATTERNS INCORPORATING CHANGES OF DIRECTION, BASE OF SUPPORT AND LEVEL.

**CHISEL'D:** UTILIZING MINI-BARBELLS AND DUMBBELLS, THIS STRENGTH TRAINING CLASS IMPROVES MUSCULAR STRENGTH & ENDURANCE, BONE DENSITY AND FAT-BURNING METABOLISM. NOVICE THROUGH EXPERIENCED EXERCISERS MIX WELL IN THIS SELF-PACED WORKOUT.

**CARDIO-BARRE:** TRADITIONAL LIGHT WEIGHT BARRE EXERCISES WITH NON-STOP, FAT BURNING MOVEMENTS SET TO UPBEAT MUSIC MAKING THIS CLASS A POPULAR CHOICE.

**PILATES MAT:** PILATES MAT TRAINING IS THE GODFATHER OF CORE TRAINING. DEVELOP FUNCTIONAL CORE STRENGTH ALONGSIDE WHOLE-BODY CONDITIONING WITH A SYSTEM KNOWN TO DEVELOP LONG AND LEAN MUSCLES, WHILE INTEGRATING BREATH SUPPORT FOR MIND-BODY BALANCE.

**SENIOR STRENGTH + BALANCE:** DESIGNED WITH THE NEEDS OF SENIORS IN MIND, THIS CLASS IMPROVES AND MAINTAINS MUSCLE MASS, STRENGTH, AND BONE DENSITY IN ADDITION TO IMPROVING BALANCE THROUGH SKILL SPECIFIC MOVEMENTS.

**YOGA:** TRADITIONAL BUT “DO-ABLE” YOGA POSTURES LINKING BREATH AND MOVEMENT COMPRISE THIS PRACTICE. YOU’LL LEAVE CLASS FEELING STRONG, STRETCHED, AND CENTERED.

## **SPECIALTY CLASSES**

**COUNTRY LINE DANCING:** A BOOT SCOOTIN’ BEGINNER FRIENDLY WORKOUT. NO PARTNER NEEDED. YEE-HAW!