



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	H.I.I.T. 45 Donette		H.I.I.T. 45 Donette	Quick Cycle (45 min) Donette	H.I.I.T. 45 Donette		
8:00 am	Classic Silver Sneakers Arleda		Classic Silver Sneakers Arleda <hr/> A Vicious Cycle Diane <i>*Sign-Up @ 7am</i>	Floor Play 2 Jen			
8:15 am	A Vicious Cycle Diane <i>*Sign-Up @ 7am</i>				A Vicious Cycle Diane <i>*Sign-Up @ 7am</i>		
8:30 am		Floor Play Jen					
9:00 am	Ultimate Burn Jen	Warrior Challenge Diane		Power Circuit Diane	Ultimate Burn Jen	H.I.I.T. Circuit Donnette	
9:15 am			Perfect Body Sculpt Diane				
9:30 am	<i>*Aero Sculpt Lynn (Small Room) (*Sign Up Required) *Call @ 8am*</i> <hr/> A Vicious Cycle Diane <i>*Sign-Up @ 8am</i>		<i>*Aero Sculpt Lynn (Small Room) (*Sign Up Required) *Call @ 8am*</i>		<i>*Aero Sculpt Lynn (Small Room) (*Sign Up Required) *Call @ 8am*</i>	Yoga Jen (Small Room)	
10:00 am	Gentle Yoga Jen				Gentle Yoga Jen	Align-N-Define Donette	Zumba! Liz
10:30 am				Senior Fitness Arleda			
10:45 am	<i>*Senior Fitness Lynn (Small Room) (Sign up required)</i>		<i>*Senior Fitness Lynn (Small Room) (Sign up required)</i>		<i>*Senior Fitness Lynn (Small Room) (Sign up required)</i>		
11:15 am		Silver Sneakers Arleda			Silver Sneakers Arleda		
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2:00 pm			Classic Silver Sneakers Arleda				
4:30 pm		Zumba Katie		Zumba Katie		Gym Hours: <u>Mon-Thurs</u> 5am - 10pm <u>Friday</u> 5am - 9pm <u>Saturday</u> 7am - 7pm <u>Sunday</u> 7am - 6pm	Childcare Hours: <u>Mon-Fri</u> 8am-12 noon <u>Saturday</u> 8:00am-12 noon There is no childcare in the afternoon
5:00 pm							
5:30 pm	Power Circuit <u>Donette</u> <hr/> Stretch It! Gentle Yoga Jen (Small Room)	Body Sculpt Jen	Power Circuit <u>Lindsay</u> <hr/> Yoga Jen (small Room)	Body Sculpt Donette			
6:00 pm		Cycling Donette (Sign up at 4pm)					

A Vicious Cycle: NOT your average cycling class. One hour of cycling madness. You will work hard, sweat hard, and burn major calories! (*Sign-Up Required)

Quick Cycle: A Quick 45 minute cycling class, you will work hard, sweat hard, burn quick calories, and get your morning started the right way!

Cycling: One hour of high energy cycling to the most current upbeat music. (*Sign-Up Required)

Floor Play: Get your mind out of the gutter! Floor Play is a mash up of yoga and Pilates, flanked with a series of body weight exercises and stretch. You will plank, pose, and sweat your way to a more sculpted, more limber you! *Yoga mat recommended.

Floor Play 2: A no impact strength fusion using mat, bands, and the bar.

Power Circuit: A high energy class that combines intervals along with weight training and cardio boxing.

Perfect Body Sculpt: A low impact all muscle workout using weights, bands, fitness balls and other fun toys. This class is designed to hit every muscle group from head to toe, including abs!

Ultimate Burn: A muscle burning, metabolism boosting, all over body workout. It is a combination of short bursts of cardio with intense body weight exercises focusing greatly on the core.

Warrior Challenge: You WILL NOT find another challenge like this one! This is Diane's version of a 90 minute FULL body intense workout consisting of 30 minutes Spin, 40 minutes running/circuit training, finishing with 20 minutes of muscle and core work. This class will challenge your cardiovascular and muscle endurance. Be prepared to sweat and take yourself to the next level along with a camaraderie of people who will welcome and encourage you along the way. We are all in this one together!

Gentle Yoga: Incorporates the basic fundamentals of yoga into an hour long, slow flow session. Stretch, breathe, and leave feeling relaxed and limber.

Zumba: Join this exhilarating dance-fitness sensation! Zumba® exercise classes are “fitness-parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Silver Sneakers: Muscular strength and range of motion. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance while a chair is used for seated and/or standing support. (*Sign-Up required)

Senior Fitness: Safe, heart-healthy, and gentle on the joints. This workout includes easy-to-follow low-impact exercises to support your healthy and active lifestyle. (*Sign-Up Required)

H.I.I.T Circuit: Intervals alternating with circuit training using mostly body weight.

Aero Sculpt: The Classic 20, 20, 20 formula of 20 minutes of Aerobics, 20 minutes of Weights, and 20 minutes of Abs and Stretch. Working from top to bottom; You are now ready to start your day! (*Sign-Up Required)

H.I.I.T. 45: A 45 minute cardio strength workout using dumbbells and various equipment for interval drills.

Stretch It! Gentle Yoga: Incorporates the basic fundamentals of yoga into an hour long, slow flow session. Stretch, breathe, and leave feeling relaxed and limber.

Align-N-Define: (30 minute class) Body weight exercises will be incorporated to target one conditioning, overall strength, balance, and flexibility. Optional resistance bands, weights and stability balls may be used.