



NEW PROGRAM

Group Exercise Schedule November

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8a S.Sneakers Cir. 5:15p Kick Combo 6:30p Total Body 7:45p Yoga	2 9a Group Cycle 10:15a S.Sneakers 5:15p Retro Robics 6:30p Group Cycle	3 4p Self-Defense 5p Boot Camp 6:30p Total Body	4 10:15a S.Sneakers 5:15p Low Impact 6:30p Retro Robics 7:45p Yoga	5 9:15a Zumba Chair 10:15a Zumba Toning 5:15 Happy Hr	6
7	8 8a S.Sneakers Cir. 5:15p Kick Combo 6:30p Total Body 7:45p Yoga	9 9a Group Cycle 10:15a S.Sneakers 11 LUNCH BUNCH 5:15p Retro Robics 6:30p Group Cycle	10 9:30a S.Sneakers 4p Self-Defense 5p Boot Camp 6:30p Total Body	11 9a Group Cycle 10:15a S.Sneakers 5:15p Low Impact 6:30p Retro Robics 7:45p Yoga	12 9:15a Zumba Chair 10:15a Zumba Toning	13
14	15 8a S.Sneakers Cir. 5:15p Kick Combo 6:30p Total Body 7:45p Yoga	16 9a Group Cycle 5:15p Retro Robics 6:30p Group Cycle	17 4p Self-Defense 5p Boot Camp 6:30p Total Body	18 9a Group Cycle 5:15p Low Impact 6:30p Retro Robics 7:45p Yoga	19 9:15a Zumba Chair 10:15a Zumba Toning 5:15 Happy Hr	20
21	22 8a S.Sneakers Cir. 5:15p Kick Combo 6:30p Total Body 7:45p Yoga	23 9a Group Cycle 10:15a S.Sneakers 5:15p Retro Robics 6:30p Group Cycle	24 CLOSE EARLY: 6PM 9:30a S.Sneakers 4p Self-Defense 5p Boot Camp	25 CLOSED FOR THANKSGIVING DAY	26 OPEN LATER: 8AM	27
28	29 8a S.Sneakers Cir. 5:15p Kick Combo 6:30p Total Body 7:45p Yoga	30 9a Group Cycle 10:15a S.Sneakers 5:15p Retro Robics 6:30p Group Cycle	1	2	3	4

For your convenience please pre-register for classes at the front desk

Amy - Silver Sneakers Circuit ; **Val** - Group Cycle AM ; **Sue** - Silver Sneakers ; **Nancy** - Retro-Robics ; **Lauren** - Yoga, Hatha Yoga
Maria - Total Body, Group Cycle PM ; **Michele** - Kickin' Combo, Low Impact, Happy Hour; **Vicki** - Zumba Chair ;
Blair - Women's Self-Defense, Boot Camp

CLASS DESCRIPTIONS

Zumba Chair - Seated full body workout to liberating & fun music. Experience Zumba like you have never experienced it before!

Self-Defense - This is a tailored private program that is based off of your natural instinctive reactions. Utilizing Aikido & Krav Maga, learn how to defend yourself from various elements. **MUST RSVP Mondays before. Private 1-1 or Bring a Non Member!**

Boot Camp - Military grade extreme core / full body workout in a circuit training environment. You are timed at various stations that will test and improve your strength, agility, endurance and stamina from legs, to arms to back & core.

SilverSneakers Circuit@- Experience low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. A chair is available for seated or standing support.

SilverSneakers Classic@- A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and small balls are used for resistance. A chair is available for seated or standing support.

Yoga - Yoga encompasses gentle stretching and strengthening done in a relaxed and mindful manner and Yoga poses to strengthen and balance your entire body.

Group Cycle - Group Cycling is a high energy indoor cycling class set to music using a stationary bike with a weighted fixed-gear flywheel. Riders of all abilities can spin together and tailor their training session by individually controlling their cadence and/or adjusting the bike's resistance.

Happy Hour - Start your weekend with a Friday Happy Hour workout! Get rid of your end-of-the-week stress with some aerobic training and resistance training.

Kickin' Combo - No bags, no gloves, just a "knockout" workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

Low Impact - Low impact doesn't mean low intensity! This is a fat-burning workout with one foot on the ground at all times.

Retro-Robics - A "Blast from the Past" class! Traditional aerobics that will help you work up a sweat, infused with a variety of other workout styles.

Total Body - Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.