



Group Fitness Schedule- December 2022



Monday:

9:00am Monday Mix (Margery-MPR)
 Yoga Flow (Mary-GES)
 9:30am Zumba Gold (Traci-GYM)
 10:30am Silver Sneakers Classic (Traci-GES)
 5:30pm Muscle Conditioning (Doug-TRX)
 6:00pm Power Cycle (Tressa-CS)
 6:00pm Yoga Flow (Alison-GES)

Thursday:

8:00am Triple Threat (Franci-MPR)
 9:30am TRX Circuit (Christy-TRX) 9 max.
 9:30am Silver Sneakers Classic (Tony-GES)
 10:15am Silver Sneakers Cruise (Tony-CS)
 10:30am Yoga Basics (Mary-GES)
 5:30pm Muscle Conditioning (Doug-GES)

Tuesday:

9:30am Total Body 45 (Christy-MPR)
 Silver Sneakers Classic (Tony-GES)
 10:15am Silver Sneakers Cruise (Tony-GES)
 10:30am EnerChi (Beth-GES)
 11:45 am Yoga Basics (Ann-GES)
 5:30pm Muscle Conditioning (Doug-MPR)

Friday:

9:00am Power Yoga (Abbey-GES)
 9:30am Group Cycle (Audrey-CS)
 9:30am Zumba Gold (Traci-GYM)
 10:30am Senior Strength (Doug-GES)

Wednesday:

9:00am Power Pilates (Shari-MPR)
 9:30am Group Cycle (Audrey-CS)
 9:30am Silver Sneakers Chair Yoga (Mary-GES)
 10:30am Balance and Stability (Shari-GES)
 6:00pm Yoga Flow (Daneen-GES)
 6:30pm Barre Fusion (Kate-MPR)

Saturday:

8:00am Lift and Ride (Tressa-GES/CS)
 9:30am Pilates Fusion (Kate-GES)

Sunday:

8:30am Cycle 45 (Sherry-CS)
 9:00am TRX Pilates (Kate-TRX)

***Underlined classes are geared toward Silver Sneakers Members

*** Silver Sneakers classes will also be offered on ZOOM- please call front desk for details

TRX=TRX Studio GES=Group Exercise Studio
 MPR=Multipurpose Room CS=Cycle Studio

Class Descriptions: **Class formats can be adjusted to meet the needs and abilities of participants**

Balance and Stability (30 min.) Join this class if you are looking to improve your overall balance, stability, mobility, and power. For all ability levels. Chairs will be available if needed.

Barre Fusion (60 min.) Barre Fusion is a hybrid class that incorporates ballet-inspired movements, Pilates, yoga, dance and strength training. This low-impact class will help you sculpt, tone, strengthen and dance your way to better health.

Cycle 45 (60 min.) Join Sherry for this awesome new fusion class! Spend 45 minutes getting a great workout on the bike and then stick around for 15 minutes of a nice stretch. Suitable for all fitness levels.

EnerChi (60 min.) This is a Silver Sneakers chair class blending yoga, tai chi and meditation to foster gentle movement within the present moment.

Group Cycling (55 min.): During the class the instructor simulates a ride and together you travel on flat roads, climb hills, sprint and race!

Lift & Ride (90 min.): This is a great two for one class! Spend the first half doing strengthening exercises and the last half pedaling away to the music on the group cycling bikes.

Monday Mix (50 min.): During this 50 minute class you'll get a mix of total body strength, core, cardio exercises. Suitable for all fitness levels.

Muscle Conditioning (60 min.): Focusing on the full body, this all-levels class uses equipment and body weight exercises – along with intermittent cardio – to build strength while increasing endurance.

Power Cycle (60 min.) Join us for a new type of cycle class! 45 minutes will be spent on the bike for a high intensity workout. The last 15 minutes will cool you down and stretch you out. For all ability levels, but make sure you're ready to push!

Power Pilates (50 min.) This Pilates mat class strengthens the body's "core" — abs, back and hips — with an extra helping of heart-pumping power. Pilates can tighten your tummy and improve your posture; help flexibility and strength. All exercises can be modified for different ages and abilities.

Power Vinyasa Yoga (60 min.) This new class will focus on core, movement, and breath. This energetic style will move at a faster pace and will strengthen, tone, focus your mind, and build self-empowerment. It is appropriate for beginners (with modification), intermediate, and advanced students.

Pilates Fusion (60 min.) This class focuses on a total body workout using a combination of Pilates, Yoga, and Barre. For all fitness levels!

Senior Strength (45min.) Increase muscular strength, balance, endurance, and coordination in this 45 minute class. Some low impact cardio movements will be included. Most exercises are standing, but seated exercises are an option as well. Leave class feeling strong and energized!

Silver Sneakers Chair Yoga® (50 min.): Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

Silver Sneakers Classic® (45 min.): Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support.

Silver Sneakers Cruise (30 min.): Welcome back! This 30 minute class will give you a nice little cardio workout on the cycling bikes!

Total Body 45 (45 min.): Join us for this new class that mixes low impact cardio, strength training, and core training movements. The circuit style will keep you moving! Suitable for all fitness levels.

Triple Threat (60 min.): Mix it up with this workout designed around 3 minutes of strength, 3 minutes of core, and 3 minutes of cardio, repeated four times.

TRX Circuit (45 min.): Join us for this 45 minute circuit class that incorporates TRX and other strength and cardio exercises for a total body class!

TRX Pilates (50 min.): This new class combines the strengthening elements of TRX with the lengthening principles of Pilates. Gain core strength and balance along with lean muscles! All fitness levels welcome!

Yoga Basics (50 min.)*: This class is intended for the true beginner, an older population, or people with physical limitations. Props and modifications will be offered.

Yoga Flow (60 min.): This is an energizing class that combines posture (asana) with breath and movement. Build strength and stamina, increase flexibility, and finish with deep relaxation.

Zumba Gold® (40 min.): Perfect Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Classes are included in Rec Center Memberships

Pop-in: \$10 for non-members; Monthly Group Fitness Pass: \$60 for non-members/non-residents