



## *Group Exercise Schedule*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>5:30 AM</b>	PowerSculpt with Kelly/Tammy	StepWorkout with Kelly	Totally Abs with Tammy	Instructor's Choice with Kelly	Instructor's Choice with Christy
<b>8:00 AM</b>	Young At Heart With Virgi	Step Workout with Christie	Young At Heart with Virgi	PowerSculpt/ Cardio Strength with Christie	Young At Heart with Virgi
<b>9:00 AM</b>	Interval Training with Anna	9:30 AM SilverSneakers® MS-ROM with Kristy	Step Workout with Anna	9:30 AM SilverSneakers® MS-ROM with Crystal	Instructor's Choice with Anna
<b>10:30 AM</b>	SilverSneakers® Cardio Circuit	Beginning Zumba w/ Bonnie			
<b>4:00 PM</b>				Beginning Zumba w/ Bonnie	
<b>4:30 PM</b>	Step Workout with Christy		Instructor's Choice with Christy		
<b>5:00 PM</b>		PowerSculpt/ Cardio Strength with Karen		Interval Training with Christy	
<b>5:30 PM</b>	Yoga with Virgi		Yoga with Virgi		
<b>6:00 PM</b>		ZUMBA with Yanny		ZUMBA with Yanny	
<b>TBA</b>	<b>Mens' Cardio Strength with Mat</b> (days and times vary, see pg. 2 for details)				

Class Schedules are Subject to Change

Class Descriptions on Following Page

## **Class Descriptions**

**Young At Heart: (50 min.)** A low impact aerobic floor workout incorporating strength training and flexibility.

**Interval Training: (55 min.)** Periods of moderate to high intensity exercises followed by less intense exercises. Heart rate is elevated to the anaerobic threshold, followed by an active recovery period. Toning, ab work and stretching included.

**Power Sculpt& Cardio Strength: (55 min.)** Tone your body from head to toe. Building muscle increases bone density and causes calories to burn at a higher rate.

**Step Workout: (55 min.)** Step combinations that will get you moving. Heart rate remains elevated at a steady state. Toning, ab work and stretching included.

**Yoga: (45 min.)** Build strength and flexibility while integrating your mind, body, and spirit.

**Instructors Choice: (55 min.)** The format of this class will be up to the instructor each week. Various cardiovascular and strength moves will be included.

**Video Workout: (55 min. anytime)** This class is self-instructed through videos. We have a wide variety of videos to choose from...step, toning, yoga, kickboxing...You choose!

**Totally Abs: (30 min.)** A quick workout that targets the abs and core.

**ZUMBA: (60 min.)** A Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exciting, and effective fitness system.

**Beginning ZUMBA: (45 min.)** This class is for anyone, any age and any ability level. This program is designed for participants with very little exercise experience or individuals that may have physical limitations. It was created to be easier than the basic but just as much fun. The moves have been carefully designed to be easy to follow by individuals of any size or age.

**SilverSneakers® Muscular Strength & Range of Movement (45 min.)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Cardio Circuit (45 min.)** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**Mens' Cardio Strength (55 min.)** Men's cardio strength is a high intensity class that isolates men's health and physical conditioning ability. During the class we will isolate muscle strength and stamina gains. This way of exercising is an excellent way to gain muscle strength and cut weight. This class is on a weekly basis as Mat's work schedule allows. Please call Mat at 361-550-6979 to be put on the list to receive a text or phone call from Mat and be notified of class times.