



## **Group Exercise Schedule**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>5:30 AM</b>	Step Workout with Jennifer/Kelly	PowerSculpt Jennifer/Kelly	Instructor's Choice with Kelly/Jennifer	Step Workout/Interval Training with Kelly/Jennifer	
<b>8:00 AM</b>	Young At Heart With Virgi	Step Workout with Christie	Young At Heart with Virgi	PowerSculpt with Christie	Young At Heart with Virgi
<b>9:00 AM</b>	Interval Training with Anna		Step Workout with Anna		Instructor's Choice with Anna
<b>4:30 PM</b>	Step Workout with Christy		Instructor's Choice with Christy		
<b>5:00 PM</b>		PowerSculpt with Lee Ann		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	

### **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:** (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!

**ZUMBA:** (45 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.

**\*\*\* If one of our instructors has to be out and we are unable to find a substitute instructor, the class may consist of circuit stations or a video workout. We will try to keep this to a minimum.**

***\*\*\*Classes and times are subject to change.***