



## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Morning Workout with Crystal		Morning Workout with Christy		Morning Workout with Christy	
8:00 AM	<i>Young At Heart</i> With Virgi	<b>Cardio/barre inspired Class</b> with Tracy	<i>Young At Heart</i> with Virgi	<b>Cardio Strength</b> with Ashley	<i>Young At Heart</i> with Virgi	
9:00 AM	<b>Cardio Strength</b> with Anna		<b>HIIT</b> with Anna		Total Body Conditioning with Anna	<b>Zumba</b> With Nancy 1 <sup>st</sup> & 3 <sup>rd</sup> Saturdays
9:30 AM		<i>SilverSneakers® Classic</i> with Crystal		<i>SilverSneakers® Classic</i> with Kristy/Tracy		
10:30 AM	<i>SilverSneakers® Circuit</i>	<b>Pure Dance</b> with Bonnie		<b>Pure Dance</b> with Bonnie		
12:10 PM		<b>PUMP</b>		<b>AB-RIPPER</b>		
4:30 PM	<b>Step Workout</b> with Christy	<b>Cardio Strength</b> with Ashley	Total Body Conditioning with Christy	<b>HIIT</b> with Christy		
5:30 PM	Yoga with Virgi		Yoga with Heidi		Yoga with Paula	
6:15 PM		<b>Zumba</b> with Nancy				
7:00 PM	<b>Cardio Strength</b> with Christine		Total Body Conditioning with Christine			

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.

**HIIT (High Intensity Interval Training) (55 min.)** This class combines bursts of high intensity exercises with bouts of less intense movement. Heart rate is elevated to the anaerobic threshold, followed by an active recovery period. Toning, ab work and stretching included.

**Cardio Strength (55 min.)** Get ready to tone your body from head to toe and leave this class sweaty yet satisfied. Utilize both body weight and added weight to work all of your body's major muscle groups. Building muscle increases bone density and causes calories to burn at a higher rate.

**Cardio/barre inspired class (55 min.)** Be prepared to get a cardiovascular workout along with barre inspired moves that tone and lift.

**Step Workout (55 min.)** Be prepared to get a great cardiovascular workout through unique combinations of moves preformed on a raised platform. This platform can be adjusted to accommodate all fitness levels. Strength training, ab work and stretching included.

**Total Body Conditioning (55 min.)** Are you ready to become an all-around fit individual? This class takes you through toning and strengthening utilizing plyometrics, free weights, endurance and cardiovascular exercises. TBC will push you in ways you have never been pushed before. Modifications will be shown making this class open to all fitness levels.

**Morning Workout (55 min.)** Wake up, get out of bed, and jumpstart your day with a total body workout that involves cardio and muscle work. This class varies from day to day to keep you challenged and on your toes. Come start your day the right way!

**Yoga (45 min.)** Build strength and flexibility while integrating your mind, body, and spirit. Various poses with progressions will work to improve both body alignment and kinesthetic awareness.

**SilverSneakers® Classic (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, and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated and/or standing support.

**SilverSneakers® 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 low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**Pure Dance (45 min.)** For the older adult or those just starting an exercise program and love to dance. Pure dance combines a cardio workout with dance/exercise choreography. It is designed to work every part of the body, especially concentrating on a woman's specific needs. Pure dance features cardio, strength training, stretching, balance, and range of motion with a pop to country, jazz to Latin flavor.

**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.

**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!

**AB-RIPPER (40 MIN.)** A 40 minute intense workout focusing on strengthening and stabilizing the core muscles of the abs and lower back. Learn how to work all the abdominal muscles and how to use them to brace your back...then go for that lean, ripped, six-pack look!

**PUMP (45 min.)** Group strength training using dumbbells, barbells, medicine balls, stability balls, resistance tubing, steps and your own body weight. Learn proper form for your full-body, free-weight workouts while working to exhaustion and having fun in a muscle-toning, strength-building, calorie-burning, energizing and informative class.