



## Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	<b>Morning Workout</b> with Crystal		<b>Morning Workout</b> with Crystal	<b>Morning Workout</b> with Crystal	<b>Morning Workout</b> with Crystal
8:00 AM	<i>Young @ Heart</i> with Kristy		<i>Young @ Heart</i> with Crystal		<i>Young @ Heart</i> with Kristy
9:00 AM	<b>Cardio Strength</b> with Anna		<b>Strength</b> with Anna		Strength, Balance & Stretch with Anna
9:15 AM					
9:30 AM		<i>Silver Sneakers</i> with Kristy		<i>Silver Sneakers</i> with Crystal	
10:30 AM		<i>Stretch &amp; Pure Dance</i> Class Lead		<i>Stretch &amp; Pure Dance</i> Class Lead	
4:00 PM	<b>Step Workout</b> with Christy	HIIT with Christy	Total Body Conditioning with Christy	<b>Stations</b> with Christy	
5:30 PM	Yoga with Theresa			Yoga with Theresa	

**Class Schedules are Subject to Change**

## **Class Descriptions**

**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.

**Core & Floor (45 min)** Core training designed to increase your strength, endurance and stability. Low impact strength training done mostly on the floor.

**Group POWER (45 min)** Learn how to weight train. Explore correct techniques to all kinds of weight bearing exercises.

**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.

**Strength, Balance & Stretch (55 min)** Body weight exercises along with balance moves to challenge your body. Class also includes hip mobility exercises and ends with stretch and relaxation to finish off the work week.

**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!

**Pure Dance (45 min)** For the 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. This class is group led.

**Shred (50 min)** Full body weight workout at a cardio pace.

**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.

**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.

**Max Cardio (55 min)** Three dynamic formats packed into one intense class! If you are somebody that likes variety, then you will love the spontaneity of this class because it can change at any time! It will be a combination of strength, cardio and core – but every week will be a surprise!

**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.

**Young At Heart (45 min)** A low impact aerobic floor workout incorporating strength training and flexibility.