



## Group Exercise Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5:30 AM</b>	<i>Morning Workout</i> with Crystal		<i>Morning Workout</i> with Crystal		<i>Morning Workout</i> with Crystal
<b>8:00 AM</b>	<i>Young At Heart</i> With Virgi		<i>Young At Heart</i> with Virgi		<i>Young At Heart</i> with Virgi
<b>8:15 AM</b>		<b>Pure Strength</b> with Anna		<b>Cardio Strength</b> with Ashley	
<b>9:00 AM</b>	<b>HIIT</b> with Anna		<b>Max Cardio</b> with Anna		Total Body Conditioning with Anna
<b>9:30 AM</b>		<i>SilverSneakers®</i> <i>Classic</i> with Crystal		<i>SilverSneakers®</i> <i>Classic</i> with Kristy/Tracy	
<b>11:00 AM</b>		<i>Pure Dance</i> with Bonnie		<i>Pure Dance</i> with Bonnie	
<b>12:10 PM</b>		<b>AB-RIPPER</b> with Tracy		<b>PUMP</b> with Tracy	
<b>4:30 PM</b>	<b>Step Workout</b> with Christy	<b>Cardio Strength</b> with Ashley	Total Body Conditioning with Christy	<b>HIIT</b> with Christy	
<b>5:30 PM</b>	<i>Yoga</i> with Virgi		<i>Yoga</i> with Heidi		<i>Yoga</i> with Heidi
<b>5:45 PM</b>				Total Body Conditioning with Christine	
<b>6:30 PM</b>		<i>Pure Dance</i> with Bonnie			
<b>7:00 PM</b>	<b>Cardio Strength</b> with Christine		Total Body Conditioning with Christine		

Class Schedules are Subject to Change

## Class Descriptions

**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!

**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.

**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.

**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!

**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.

**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.

**Pure Strength (55 min. anytime)** Build strength, add definition, and increase bone density. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body!

**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.

**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. anytime)** 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 (50 min.)** A low impact aerobic floor workout incorporating strength training and flexibility