



GROUP FITNESS SCHEDULE

January 17 – February 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:00-7:00am						
9:00-10AM	*TRX Amy 8:30 – 9:15		*TRX Amy 8:30 – 9:15		*TRX Amy 8:30 – 9:15	**Yoga Flow Dayle 8:30-9:30
10:00-11:00am	SilverSneakers		SilverSneakers		SilverSneakers	
11:00-12:00pm	10:30-11:15		10:30-11:15		10:30-11:15	
3:00-4:00pm						
4:00-5:00pm						
5:00-6:00pm	*TRX Amy 5:15 – 6	Tighten & Tone Amy 5:15 – 6		Tighten & Tone Amy 5:15 – 6		

Class Descriptions Below:

Tighten & Tone: This class is sure to support your strength and endurance, utilizing a wide variety of equipment: TRX straps, weights, bands & stability balls to name a few. This is a low-impact class, being mindful of joints.

TRX: Total Body Resistance Training or suspension training builds a strong core, flexibility, strength and endurance. You will use only your body weight to help improve balance, strengthen muscles and joints in order to complete challenging exercises more effectively. You can take your performance to the next level or choose to modify movements for beginners or for members with limitations. *Maximum of 8 Participants – First Come, First Serve*

SilverSneakers: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Yoga Flow Yoga Flow is inspired by Vinyasa, which synchronizes movement with breath, flowing from one move to the next. This class will help you build strength, increase flexibility, and find focus through deep breathing. ****Key fob is required for access to the facility on Sundays.**