



# GROUP EXERCISE SCHEDULE

## STUDIO A

## Starts

### September 1<sup>st</sup>

|         | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday                                   |
|---------|--|---|--|---|---|--|
| 5-6 am  | Functional Fitness<br><i>Rotating</i><br>5:15-6:00 am            |   | Power Flow Yoga<br><i>Sara</i><br>5:15-6:00 am                   |   | Yoga Flow<br><i>Sara</i><br>5:15-6:00 am                        |  |
| 6-8 am  |  |   |  |   |   |  |
| 8-9 am  | Active Older Adults<br><i>Christi</i><br>8:15-9:00 am            |   | Active Older Adults<br><i>Kristy</i><br>8:15-9:00 am             |   | Active Older Adults<br><i>Kristy</i><br>8:15-9:00 am            |  |
| 10-11am | Total Body Low-Impact Fitness<br><i>Christi</i><br>9:15-10:00 am | Total Body Low-Impact Fitness<br><i>Shelly S</i><br>9:15-10:00 am | Total Body Low-Impact Fitness<br><i>Tianna</i><br>9:15-10:00 am  | Total Body Low-Impact Fitness<br><i>Anna</i><br>9:15-10:00 am | Total Body Low-Impact Fitness<br><i>Markis</i><br>9:15-10:00 am | Zumba<br><i>Tamika</i><br>8:30-9:30am      |
|         | SilverSneakers<br><i>Jacob</i><br>10:15-11:00 am                 | SilverSneakers<br><i>Margie</i><br>10:15-11:00 am                 | SilverSneakers<br><i>Jacob</i><br>10:15-11:00am                  | SilverSneakers<br><i>Margie</i><br>10:15-11:00 am             |   | Yoga Flow<br><i>Terri</i><br>9:45-10:30 am |
| 11-12pm |  | Chair Flow<br><i>Margie</i><br>11:15-12:00 pm                     |  | Chair Flow<br><i>Margie</i><br>11:15-12:00 pm                 |   |  |
| 12-2pm  |  |   | Parkinson's Power<br><i>Aspirus/Marshfield</i><br>12:00-12:50 pm |   |   |  |
| 2-3pm   |  | RESERVED FOR VA<br>2-3 pm   |  |   |   |  |
| 3-4pm   | RESERVED FOR VA<br>3-4 pm  | B&G Club<br>3:30-4:30 pm  | B&G Club<br>3:30 - 4:30pm  | B&G Club<br>3:30 - 4:30pm                                     | B&G Club<br>3:30 - 4:30pm                                       |  |
| 4-5pm   |  |   | Zumba<br><i>Tamika</i><br>5:00-6:00pm                            |   |   |  |
| 5-6pm   |  | Kickboxing<br><i>Allysia</i><br>6:00-6:45pm                       |  | Butts & Guts<br><i>Erin</i><br>5:30-6:15pm                    |   |  |
| 7-8pm   |  |   |  |   |   |  |

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

\*\* SUBJECT TO BE CLOSED DUE TO STAFF USE \*\*



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## **Active Older Adult**

Similar to SilverSneakers, Active Older Adult is designed for those looking for a great workout and camaraderie. The class is joint friendly and appropriate for at all levels. The exercises in this class are designed to improve your strength, flexibility, balance and coordination.

## **Butts & Guts**

Butts & Guts does just what it says, it targets your lower body and core for an effective workout! This class is taught with both high and low impact modifications, and does well to tighten and torch the butt, hips, thighs and core!

## **Chair Flow**

Chair Flow is a great way to stretch and move the body without having to worry about balance or getting on your knees. Focusing on the breath, gentle stretches, and incorporating the chair will have you feeling relaxed and rejuvenated.

## **Kickboxing**

A fun and exciting hybrid of martial arts and weight training to provide a great workout. High energy, non-stop, frustration releasing, and fat burning all in one. You'll walk away being proud of yourself and much lighter than you left, physically and mentally.

## **Total Body Low-Impact Fitness**

Expect a full-body workout using various equipment that promote foundational, compound, and isolation exercises for toning and aerobic fitness.

## **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.

## **Power Yoga/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.

## **Zumba**

Step into the lively world of Zumba, where Latin rhythms and high-energy dance moves combine for a thrilling workout experience. Led by our dynamic instructor, each class blends easy-to-follow choreography with aerobic exercise, making it accessible and fun for everyone. Get ready to groove, sweat, and enjoy the infectious energy of Zumba

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# GROUP EXERCISE SCHEDULE

## STUDIO B

## Starts

### September 1<sup>st</sup>

**\*Cycling and TRX requires card pick up from the front desk, to reserve your spot**

|                 | Monday                                       | Tuesday                                | Wednesday  | Thursday                               | Friday   | Saturday  |
|-----------------|--|--|--|--|--|---|
| 5-6am           |  | *Cycling<br><i>Jen</i><br>5:15-6:00 am |  | *Cycling<br><i>Jen</i><br>5:15-6:00 am |  |   |
| 6-9am           |  |  | Functional Fitness<br><i>Markis</i><br>8:15-9:00am     |  | Functional<br>Fitness<br><i>Markis</i><br>8:15-9:00 am | Spinning<br>Strength<br>8:30- 9:15am<br><i>Kelsey</i> |
| 9-10am          | HIIT it Hard<br><i>Allysia</i><br>9:15-10 am | *TRX<br><i>Jacob</i><br>9:15-10 am     | HIIT it HARD<br><i>Allysia</i><br>9:15-10 am           | *TRX<br><i>Markis</i><br>9:15-10 am    | Spinning<br>Strength<br><i>Desirae</i><br>9:15-10am    |   |
| 10-11am         |  |  |  |  |  |   |
| 11am-<br>5:30pm |  |  |  |  |  |   |
| 6-7pm           | *TRX<br><i>Jacob</i><br>5:30-6:15pm          |  | Functional Fitness<br><i>Shelley M</i><br>5:45-6:30 pm |  |  |   |

Please note the specialty classes require you to reverse a spot and have additional fees.

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TRX and Zumba classes is an additional \$8.00 per month to attend. See the Front desk to learn more on how to sign up!

## Cycling

This class offers all the challenges of cycling on the open road with hills and uneven terrain. The workout is set to music with various motivating drills throughout the class. Cycling is an excellent workout for your lower half, which is also complimented by exercising your heart.

\*Check in with the front desk to reserve your spot as there is a 12-participant limit.

## HIIT It Hard

High Interval Intensity Training: Using plyometrics, weight training, cardio, and strength building to encompass a full body burn. Easily modified to all fitness levels.

## Spinning Strength\*

Join an engaging workout class going beyond cardio with diverse movements, core focus and Cycling. Experience fun, challenging sessions in a vibrant atmosphere with energetic music and party lights.

\*Check in with the front desk to reserve your spot as there is a 12-participant limit.

## TRX\*

TRX, which stands for Total Resistance exercise, is a type of suspension training that uses body weight exercises and adjustable straps to develop strength, balance, flexibility, and core stability.

\*Check in with the front desk to reserve your spot as there is a 12-participant limit.

## Functional Fitness

You have done it before in 20-20-20 on Saturdays now its will be available during the week too!! This class focuses on core and stability, strength training, elevating your heart rate and stretching. If you want a challenging well-rounded class, this is for you.

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