



GROUP EXERCISE SCHEDULE

Adams Fall Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-7:00am					
9:00-10AM	*TRX Laurie 8:30 – 9:15		*TRX Laurie 8:30 – 9:15		*TRX Laurie 8:30 – 9:15
10:00-11:00am	SilverSneakers Sandy 10:30-11:15		SilverSneakers Sandy 10:30-11:15		SilverSneakers Sandy 10:30-11:15
11:00-12:00pm					
3:00-4:00pm					
4:00-5:00pm					
5:00-6:00pm	*TRX Laurie 5:15 – 6	Tone it Up Erin 5:15 – 6	*TRX Laurie 5:15 – 6		

Class Descriptions Below:

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 9 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.

Tone it Up

This class is designed to focus mainly on your muscular strength in order to create the toned physique that you are looking for! It will offer many exercises involving body weight, dumbbells, bands and steps, which can be complemented by cardio and abdominal work. The instructors try to keep the variety and interest level high while having fun and working hard at the same time. If you are looking to tone your body's physique, then this class is for you!