



# GROUP EXERCISE SCHEDULE

Adams: Starting January 1, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
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
10:00-11:00am					
	Forever Active Sandy 10:30-11:15		Forever Active Sandy 10:30-11:15		Forever Active Sandy 10:30-11:15
11:00-12:00pm					
3:00-4:00pm					
4:00-5:00pm					
5:00-6:00pm	Express Cardio & Abs Erin 5:15 – 6	Circuit Amy 5:15 – 6		Circuit Amy 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*

**Forever Active:**  
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.

**Express Cardio & Abs:**  
Expect a workout that challenges all of your core muscles. Utilizing various pieces of equipment, and both floor and standing work, your core will be fired up and challenged.

**Circuit:**  
As a group, we will rotate through a series of stations performing various exercises. Each session is timed, allowing participants to work at their own pace, focusing on their own fitness goals. This class is great for all levels, offering multiple modifications.