



GROUP EXERCISE SCHEDULE

STUDIO A

Starts June 1st

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|---|--|---|---|---|
| 5-6 am | Functional Fitness <i>Rotating</i> 5:15-6:00 am | | Weights & Plates Yoga <i>Sara</i> 5:15-6:00 am | | Yoga Flow <i>Sara</i> 5:15-6:00 am | |
| 6-8 am | | | | | | |
| 8-9 am | Active Older Adults <i>Christi</i> 8:15-9:00 am | Tai Chi <i>Markis</i> 8:15-9:00 am | Active Older Adults <i>Markis</i> 8:15-9:00 am | | Active Older Adults <i>Christi</i> 8:15-9:00 am | |
| | Total Body Low-Impact Fitness <i>Christi</i> 9:15-10:00 am | Total Body Low-Impact Fitness <i>Shelly S</i> 9:15-10:00 am | Total Body Low-Impact Fitness <i>Shelly S</i> 9:15-10:00 am | Total Body Low-Impact Fitness <i>Anna</i> 9:15-10:00 am | Total Body Low-Impact Fitness <i>Shelly S</i> 9:15-10:00 am | Zumba <i>Tamika</i> 8:30am – 9:30am *Outside* |
| 10-11am | Forever Active <i>Jacob</i> 10:15-11:00 am | Ageless Grace/Forever Active <i>Karrie Benda</i> 10:15-11:00 am | Forever Active <i>Jacob</i> 10:15-11:00 am | Ageless Grace/Forever Active <i>Karrie Benda</i> 10:15-11:00 am | | Yoga Flow <i>Sara/Kelly</i> 9:45-10:30 am |
| 11-12pm | | Chair Flow <i>Margie</i> 11:15-12:00 pm | | Chair Flow <i>Margie</i> 11:15-12:00 pm | | |
| 12-2pm | | | Parkinson's Power <i>Pinnacle Performance</i> 12:00-12:50 pm | | | |
| 2-3pm | | RESERVED FOR VA 2-3 pm | | | | |
| 3-4pm | RESERVED FOR VA 3-4 pm | | | | | |
| 4-5pm | | | | Yoga Flow <i>Amy</i> 4:30-5:15pm | | |
| 5-7:pm | | Kickboxing <i>Allysia</i> 6:00-6:45pm | Zumba <i>Tamika</i> 6:00-7:00pm | Butts & Guts <i>Erin</i> 5:30-6:15pm | | |

Please note the specialty classes require you to reverse a spot (Indicated by ***) and Classes that have additional fees/registration required (Indicated by color yellow).**

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 ****



GROUP EXERCISE SCHEDULE

Active Older Adult

Similar to Forever Active, 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.

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.

Ageless Grace

Ageless Grace is a fitness and wellness program designed for all abilities, focusing on lifelong comfort. Based on neuroplasticity, it uses 21 simple seated exercises to improve core strength, flexibility, cognitive function and overall health. The program enhances balance, coordination and confidence while supporting fall prevention and systemic- wellbeing.

Weights & Plates 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 June 1st

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|-------------------------------------|--|--|---|---|---|
| 5-6am | | *Cycling <i>Jen</i> 5:15-6:00 am | | *Cycling <i>Jen</i> 5:15-6:00 am | | |
| 6-9am | | Youth Strength and Development <i>Jacob</i> 8:00-9:00am | | Youth Strength and Development <i>Anna</i> 8:00-9:00am | | *Spinning Strength/ Boot Camp 8:15 – 9 am <i>Rotating Coach</i> |
| 9-10am | | | *Spinning Strength <i>Desirae</i> 9:15-10am Starts June 11th | | *Spinning Strength <i>Desirae</i> 9:15-10am Last class June 6th | |
| 10-11am | | | | | | |
| 11am- 5:30pm | | | | | | |
| 6-7pm | *TRX <i>Jacob</i> 5:30-6:15pm | Boot Camp <i>Allysia</i> 5:00-5:45pm | *TRX <i>Markis</i> 5:30-6:15pm | | | |

Please note the specialty classes require you to reverse a spot (Indicated by *) and class has additional fees/registration required (Indicated by the color yellow).

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GROUP EXERCISE SCHEDULE

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.

Boot Camp

This class you will engage in a variety of compound movements, cardio techniques and high volume intensity. If you are interested in spicing up your workout routine or to lose weight and become stronger, this is the place to be.

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.

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