

# CLASS SCHEDULE



- For all classes, please be sure to bring a towel and bottle of water
- Class descriptions on reverse side
- Effective January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Circuit &amp; Strength</b> 8:30 am Danielle Moderate/High Intensity	<b>Circuit &amp; Strength</b> 8:30 am Danielle Moderate/High Intensity	<b>Circuit &amp; Strength</b> 8:30 am Danielle Moderate/High Intensity	<b>Circuit &amp; Strength</b> 8:30 am Danielle Moderate/High Intensity	
<b>Fit After 50</b> 9:45 am Danielle Moderate Intensity	<b>Body &amp; Soul</b> 9:45 am Danielle Low Intensity	<b>Step &amp; Sculpt</b> 9:45 am Danielle Moderate/High Intensity	<b>Body &amp; Soul</b> 9:45 am Danielle Low Intensity	
<b>Stretch &amp; Relax</b> 11:00 am Danielle Low Intensity	<b>Fit After 50</b> 11:00 am Danielle Moderate Intensity	<b>Stretch &amp; Relax</b> 11:00 am Danielle Low Intensity	<b>Fit After 50</b> 11:00 am Danielle Moderate Intensity	
<b>Silver Sneakers Chair Class</b> 12:15 pm Danielle Low Intensity	<b>Silver Sneakers Chair Class</b> 12:15 pm Danielle Low Intensity	<b>Silver Sneakers Chair Class</b> 12:15 pm Danielle Low Intensity	<b>Silver Sneakers Chair Class</b> 12:15 pm Danielle Low Intensity	
	<b>Circuit &amp; Strength</b> 5:00 pm Danielle Moderate/High Intensity		<b>Circuit &amp; Strength</b> 5:00 pm Danielle Moderate/High Intensity	
	<b>Spin &amp; Win</b> 6:15 pm Danielle Moderate/High Intensity		<b>Spin &amp; Win</b> 6:15 pm Danielle Moderate/High Intensity	
<b>H.I.I.T.</b> 7:00 pm David Moderate/High Intensity	<b>H.I.I.T.</b> 7:00 pm David Moderate/High Intensity		<b>H.I.I.T.</b> 7:00 pm David Moderate/High Intensity	<b>H.I.I.T.</b> 7:00 pm David Moderate/High Intensity





# CLASSES AVAILABLE

## **Spin & Win**

This spin bike workout helps build cardiovascular strength and endurance. You control speed and resistance. Perfect for all fitness levels.

## **Fit After 50**

A mix of strength and cardio exercises for ages 50+ to help keep you young! Fun, moderate paced circuit training.

## **Circuit & Strength**

A variety of exercises to improve muscular fitness and boost cardiovascular efficiency for your whole body. Combined with a strength-building workout that will boost your metabolism, this format incorporates total body conditioning into multiple "rounds" of exercises meant to challenge and excite you.

## **Silver Sneakers - Chair Class-Strength & Cardio**

These classes focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, balls, and other equipment. Cardio classes get your heart pumping for cardiac health and boosting your metabolism. A chair is used for seated exercises or standing support.

## **Les Mills Virtual ON DEMAND**

When live classes are not scheduled, BodyPump, BodyCombat, Barre, RPM, Sh'Bam, BodyFlow and CORE are just a few of the classes offered.

## **Stretch & Relax - Chair Strength & Cardio**

Super Stretch Increase range of motion, flexibility and muscle suppleness using multiple types of stretching techniques. Practice safe and effective active, passive, static stretching approaches and more...all designed to improve fitness and everyday functional activities.

## **Step & Sculpt**

A balanced and effective workout that includes high-energy step aerobics combined with short segments of strength training. Great for cardiovascular health, strengthening muscles and coordination.

## **Body & Soul**

Relax and rejuvenate as you stretch, breathe, and center your mind. Your slow, fluid movements help improve flexibility, balance, strength, agility, and stress. You'll concentrate on your obliques and posture muscles of the mid- and lower-back.

## **H.I.I.T.**

H.I.I.T. is 20 minutes of high intensity interval training incorporating 4-minute cycles of 8 exercises in intervals of 20 seconds on and 10 seconds off. This four-minute cycle is repeated three times for a total of four cycles. Exercises include Pushups, Squats, Dog Toe Touch, Jumping Jacks, Spider Lunges, Stair Climbers, Crunches, and Lateral punches. This ever-evolving rotation keeps the class fresh and exciting. Participants can regulate their personal intensity level to fit their level of fitness.