

# WINTER SCHEDULE

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|--|---|--|--|---|
| <b>MORNING CLASSES</b>  |  |  |   |  |  |   |
|   | 7:00-7:55am<br><b>Stretch &amp; Strength</b><br>Jane (114)   |  |   | 7:00-7:55am<br><b>Stretch &amp; Strength</b><br>Jane (114)   |  |   |
| 9:30-10:25am<br><b>Cycle - Gary</b>                                   | 9:30-10:25am<br><b>Cycle - Fern</b>  |  | 9:20-10:25am<br><b>Cycle - Gayle</b>  |  |  |   |
|   | 9:30-10:25am<br><br>Pat (211) | 9:30-10:25am<br><b>Total Body Sculpt</b><br>Meaghan (211)  | 9:30-10:25am<br><br>Marda (114)  | 9:30-10:25am<br><b>Fundamental</b><br>Jane (211)   | 9:30-10:25am<br><b>Cardio Kick</b><br>Gayle (114)              | 10:00-11:15am<br><b>Functional Training</b><br>Gary (211)   |
| 10:00-11:00am<br><b>Iyengar Yoga</b><br>Ethel (211)                   |  |  | 10:30-11:00am<br><b>Upper body/ Core</b><br>Gayle (104)   | <b>NEW</b><br>10:00-11:00am<br><b>Pilates Barre</b><br>Val (112)   |  |   |
| 10:30-11:25am<br><b>Functional Training</b><br>Gary (114)             | 10:30 -11:30am<br><b>Muscle Mix</b><br>Cathy (211)   | 10:30- 11:25am<br><b>Vinyasa Yoga</b><br>Ya'ara (211)  |   | 10:30- 11:25am<br><b>Total Body Sculpt</b><br>Jane (114)   | 10:30 -11:45am<br><b>Get On The Ball</b><br>Cathy (114)        |   |
|   |  | 10:30-11:30am<br><b>Fundamental</b><br>Silvia (114)  | 10:30- 11:25am<br><b>Flex and Stretch</b><br>Cathy (114)  |  | 10:30-11:25am<br><b>Fundamental</b><br>Gayle (112)             |   |
|   |  | 11:00-12:00pm<br><b>Seniors Class Circle of Care</b><br>(Free)   |   |  | 11:00-12:00pm<br><b>Seniors Class Circle of Care</b><br>(Free) |   |
| <b>MID-DAY CLASSES</b>  |  |  |   |  |  |   |
| 11:30-12:25am<br><b>Cardio Salsa Express Sculpt</b><br>Adriana/Damian |  |  |   |  |  |   |
| 12:30-1:00pm<br><b>Total Body Sculpt</b><br>Adriana/Damian            | 12:00-12:55pm<br><b>Pilates</b><br>Val (211)   | 12:00 -12:55pm<br><b>Athletic Interval</b><br>Silvia (211)   | 12:00-12:55pm<br><b>Vinyasa Yoga</b><br>Tonya (211)   | 12:10-12:50pm<br><b>Strength and Core</b><br>Silvia(112)   | 12:00-12:55pm<br><b>Iyengar Yoga</b><br>Kim (211)              |   |
|   | 1:00-1:55pm<br><b>Iyengar Yoga</b><br>Kim (211)  | 1:00-1:55pm<br><b>Cardio Craze</b><br>Meaghan (114)  | 1:00-1:55pm<br><br>Gayle (114) | 12:15-1:00pm<br><b>Interval Step</b><br>Gayle (114)  | 1:00-1:55pm<br><b>Pilates</b><br>Andrea (211)                  | 1:30-2:25pm<br><br>Paola/Gayle (114) |
|   |  |  |   | 1:00-1:45pm<br><b>Total Body Sculpt</b><br>Gayle (114)   |  | 2:30-3:25pm<br><b>Vinyasa Yoga</b><br>Ya'ara (211)  |
| <b>EVENING CLASSES</b>  |  |  |   |  |  |   |
|   | 5:30-6:15pm<br><b>Total Body Sculpt</b><br>Lisa (114)  | 5:15-6:15pm<br><b>Pilates</b><br>Andrea (114)  | 5:30-6:15pm<br><b>Total Body Sculpt</b><br>Gabriela (114)   | 6:00-7:00pm<br><br>Edgar (114) |  |   |
|   | 6:15-7:00pm<br><b>Vinyasa Yoga</b><br>Lisa (114)   | 6:15-7:15pm<br><br>Elaine (114) | 6:30-7:25pm<br><b>Cycle</b><br>Gabriela   | 6:30-7:30pm<br><br>Josh (112)  |  |   |
|   |  | 7:15-7:45pm<br><b>Express Sculpt</b><br>Elaine (114)   |   | 7:00-7:30pm<br><b>Total Body Sculpt</b><br>Edgar (114)   |  |   |
|   |  |  | 7:30-8:25pm<br><b>Iyengar Yoga</b><br>Michele (114)   |  |  |   |

## CLASS DESCRIPTIONS

**Cycle** - A cardio workout on the bike! The class will take you through different intensities while listening to various types of music.

**Zumba** - Zumba is a class that adds Latin rhythm and easy to follow moves to help you burn calories while having fun.

**Yoga** - Synchronize your mind, body and breathing by moving through a series of standing and seated postures.

**Vinyasa Yoga** - There are four basic definitions of Vinyasa: 1) The linking of body movement with breath; 2) A specific sequence of breath-synchronized movements used to transition between sustained postures; 3) Setting an intention for one's personal yoga practice and taking the necessary steps toward reaching that goal; and 4) A type of yoga class

**Iyengar Yoga** - A form of Hatha **Yoga** that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asana B.K.S.

**Pilates** - It's a fun, low impact, full body workout designed for anyone wanting a new spin on core training.

**Pilates Barre** - The Pilates Barre workout class combines ballet, weights, and Pilates for a low-impact, fat-burning workout

**Muscle Mix** - Whole body conditioning using Barbells, Dumbbells and body weight.

**Zumba Gold** - This class fuses Latin rhythm and easy to follow moves that will leave you feeling energized. Zumba Gold is a low impact class designed for seniors.

**Total Body Sculpt** - This is a full body strength class utilizing various types of resistance to create overall functional strength.

**Fundamental** - This class consists of 1/3 low impact, easy to follow cardio, 1/3 muscle conditioning and 1/3 stretch. This class is great for seniors and members new to fitness.

**Stretch & Strength - Yoga, Pilates & toning** - this class has it all. A gentle, flowing, well balanced class for all fitness levels. Strengthen and tone your core and body while increasing your flexibility.

**Functional Training** - This class will give you an understanding of muscles & joints that are not working as they should, and helps to reduce the risk of injury whether is it for sport or every day activities.

**Cardio Kick** - Is a combination of aerobics, boxing, and martial arts. Punch, kick, twist, duck and get an intense and fun workout.

**Get On The Ball** - This class utilizes a stability ball in various ways to help you achieve an optimal workout. Use your body weight and a ball for cardio, core conditioning and balance.

**Flex and Stretch Fund** - focuses on improving balance and flexibility using equipment. This class also includes mat work for the core and legs with and extended stretch to release.

## GROUP EXERCISE POLICY

1. A token is required for each class. It's available 30 min prior to the class at the Fitness Desk

2. All equipment must be wiped down after use with the wipes provided in the Group Exercise and Spin Studios. This includes but not limited to Exercise and Yoga Mats, Stability Balls and Spin Bikes

3. Cell phones are not permitted in Group Fitness classes

4. Appropriate athletic attire: clean athletic-type shoes, T-shirt, track pants, shorts or yoga pants.

5. Classes with less than 5 participants over 3 consecutive weeks are subject to cancellation

\*Volunteer run class. May be subject to cancellation.

