

Group Exercise Schedule - December 2018 - Complimentary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pi-Yo - GX 11 am – 11:55 am Yira	Spinning - SR 6:15 – 6:55 am Amy W. 4	Ride & Body - SR/TR 8:30 – 9:25 am Kelly K.. 3	Spinning - SR 6:15 – 6:55 am Amy 4	Spinning - SR 9 – 9:55 am Amy W 4	Spinning - SR 6:15 – 6:55 am Amy 4	Spinning - SR 8 – 8:55 am Amy / Cindy 4
	Boot Camp - GX 9 – 9:55 am Cathy 4	Yoga - MA 9 – 9:55 am Yira 2	Boot Camp - GX 9 – 9:55 am Cathy 4	Yoga - MA 9 – 9:55 am Yira 2	Ride & Body - SR/TR 8:30 – 9:25 am Kelly K 3	Body - GX 9 – 9:55 am Kelly 3
	Stretch & Tone MA 9 – 9:55 am Amy F. 2	Pi-Yo - MA 10 – 10:55 am Yira 2	Stretch & Tone MA 9 – 9:55 am Amy F 2	Pi-Yo - MA 10 – 10:55 am Yira 2	Boot Camp - GX 9 – 9:55 am Cathy 4	Cardio Splash - Pool 10 – 10:55 am Vivian 4
	Cardio Splash - Pool 9:30 – 10:25 am Nancy	Body - GX 10:30 – 11:25 am Cathy 2	Body Circuit - CT 9:30 – 10:25 am Lori G. 4	Body - GX 10:30 – 11:25 am Cathy 2	Aqua Bootcamp - Pool 10 – 10:55 am Cynthia 2	Kids Bootcamp 10-10:55am TR - ages 4 to 12 - Carlie
	Body Circuit - CT 9:30 – 10:25 am Lori 4	Body and Core - GX 5:30 – 6:25 pm Lori G.. 3	Cardio Splash - Pool 9:30 – 10:25 am Nancy 4	Zumba - MA 4:30 – 5:25 pm Kristi 2	Pilates - MA 10 – 10:55 am Amy 4	Boot Camp - GX 10 – 10:55 am Cathy 5
	Power Yoga - MA 10 – 10:55 am Amy F 4	Pilates MA 6:30 – 7:25 pm Carolyn 3	Core Yoga - MA 10 – 10:55 am Amy F. 3	Body & Core - MA 5:30 – 6:25 pm Amy 2	Chair Yoga - MA 11:45 – 12:40 pm Cynthia 2	Zumba - GX 11 – 11:55 am Kristi 2
	Zumba - GX 10:30 – 11:25 am Ayanna 2	Cardio Splash - Pool 6:30 – 7:25 pm Cynthia 2	Zumba - GX 10:30 – 11:25 am Ayanna 2	Cardio Splash - Pool 6:30 – 7:25 pm Cynthia 2		
	Pilates - MA 11 – 11:55 noon Amy 3	Yoga MA 7:30 – 8:25 pm Carolyn 3	Pilates - MA 12:30 – 1:25 pm Amy 2	Pilates MA 6:30 – 7:25 pm Carolyn 3		
	Kids ABC - TR 5-5:55 pm Carlie		Circuit Burn - GX 5:30- 6:25 pm Lori G. 3	Yoga MA 7:30 – 8:25 pm Carolyn 3		
	Circuit Burn - GX 5:30- 6:25 pm Lori G. 3		Boot Camp - Track 6:30 – 7:25 pm Ty 2			
	Barre - MA 5:30- 6:25 pm Angel		Zumba - GX 6:30 – 7:25 pm Sara 3			
	Zumba - GX 6:30 – 7:25 pm Kristi 4					
	Cardio Boot Camp - TR 6:30 – 7:25 pm Ty					
	Yin/Deep Stretch - MA 6:30- 7:25 pm Angel					

Class Locations

- CT – Cross Training
- GX – Group Exercise
- FA – Upper Fitness Area
- PR – Pilates / Reformer
- SR – Spin Room
- TR – Track – lower Desk
- MA – Martial Arts

Intensity Levels - white numbers

- 1 = Low Intensity – get in shape and love your body
- 2 = Rejuvenate – exhilarating functional fitness
- 3 = Perform – great for all levels increased intensity
- 4 = Hard – are you in shape? You will feel this!
- 5 = Intense – no pain, no gain and . . . no whining

Shaded Areas

If an area is shaded you must sign up for class

Sign ups taken 1 hour in advance of the class



FIVE SEASONS

Complimentary Adult Fitness Classes

Aqua Bootcamp - Cynthia, Nancy, Vivian
Ten-Hut! Designed to target the fitness components of agility, balance, coordination and speed in addition to cardio capacity. This no-nonsense workout formula delivers high-intensity training with and without equipment. (belts, noodles and cuffs)

Barre - Angel

Barre offers a fusion of ballet, pilates, yoga, and strength training in each workout. A no to low impact class that focuses on functional movements, full of motion and alignment. Designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time, and seasoned Barre enthusiasts will always feel challenged.

Body - Cathy, Kelly, Amy W.

60 min. class of nothing but toning. Designed to tone every muscle in the body with some type of resistance. The instructor will use weights and bands for added resistance. No Cardio Work Involved.

Body Circuit - Lori G.

A Circuit style class focused on strength exercises. The class uses a variety of equipment and will focus on core work throughout the class. All levels welcome. Meets in Blue Mat room.

Body & Core - Lori G.

55 min. class that focuses on strengthening your core as well as your entire body. Weights, bands and Stability balls will be used to add difficulty.

Boot Camp - Cathy, Amy W., Ty

A high intensity class not for the weary. We promise a great workout with this class. It is an intense cardio workout and you will also work on agility, balance and coordination. Each class will be varied, so you get a new workout every time you come.

Cardio Splash - Cynthia, Nancy, Vivian

(water aerobics) Total body workout, half hour cardio, as well as hydro Pilates (core conditioning), upper and lower body conditioning with the use of equipment. This is a fitness program that targets muscular strength & endurance, range of motion and balance skills. Deep water in outside pool using belts, noodles and cuffs. Shallow water when held indoor

Circuit Burn - Lori G., Robert W.

Circuit Burn focuses on Strength building and muscular endurance. Tone your entire body and build your cardiovascular capacity with this fun and intense circuit training class.

Core Yoga - Amy F.

In this continuous flow class, we encompass all elements of the Power Yoga class. Special emphasis given to the core as it is an integral component of every single yoga position. Come unlock the key to your core in this up-tempo Yoga program.

Pilates - Amy H., Carolyn

If your looking to strengthen, tone and lengthen your muscles, this class is for you! These classes use the teachings of Joseph Pilates to incorporate exercises using mainly your own body weight, to stretch the body, become mentally aware of your body, and strengthen the core. You will learn the technique on how to properly position your body, while breathing correctly as well.

Pi-Yo - Yira

60 min class which combines the two pricipless of Yoga and Pilates. Come give this class a try!

Power Yoga - Amy F.

A class designed around our basic Yoga class but it involes more difficult body positions to help increase strength and conditioning. 60 mins.

Ride and Body - Carla, Amy W.

60 min class that incorporates the traditional spinning class with a body class. The first half of the class will be spinning followed by 30 mins. of body work designed to tone every muscle in the body with some type of resistance.

Spinning - Amy H., Amy W.

A high intensity group exercise class involving a stationary bike. Spin is a great workout without the impact of aerobics. The class is 55 min with a 5 min. cool down. Cardio time ranges from 30 - 45 min. Just starting? Don't worry all levels are welcome.

Stretch and Tone - Amy F.

A class designed to extend your active range of motion while increasing muscle tone and joint stability. 60 min.

Yin / Deep Stretch - Angel

This class is also similar to and may also be known as Yin Yoga or Restorative Yoga. In this 55 minutes class, poses are held for 3+ minutes, which allows the muscles, tendons, and ligaments to stretch and open up. It is great for anyone that is looking to relax and relieve stress, and the active athlete that is in need of muscle release and increased flexibility. Hands on adjustments and essential oils, help make this a great class to wind down your day.

Yoga - Amy F. Yira, Carolyn

Take time out for yourself and discover the benefits of yoga. Mentally and actively let out tension using stretching, breathing and relaxation techniques. Stretch stiff muscles and learn how to keep tension from building up again! this is a 60 min. class that teaches the basics of yoga.

Zumba - Kristi, Sarah, Yira, Ayanna, Vivan

Combines Latin Dancing, aerobic exercise and lots of FUN. You will have so much fun in this class; you will forget that you are exercising! 60 min class.

Complimentary Kids Fitness Classes

Kids ABC - Carlie, Robert

Designed around children **ages 4 to 7**. This class will help your child develop their Agility, Balance and Coordination, along with Hand/ Eye coordination. 60 min.

Kids Boot Camp - Carlie, Robert

An aerobic class designed for children **ages 4 to 11** that involves a little bit of this and a little bit of that. We promise a GREAT workout with this class. It is a great cardio workout, and you will also work on agility, balance and coordination. Each class will be varied, so you get a new workout every time you come!

Fitness Instructors - phone ext.

Chris Holian - Director - 848-9200 ext 375

Ayanna Archie	Carolyn McDermott
Yira Bales	Angel Overbey
Cynthia Brooks	Carla Schulte
Vivian Corporan	Cindy Smallwood
Carlie Currie	Ty Stollings
Cathy Derringer	Kylene Terhune
Amy Fecher	Sarah Veve
Lori Gentry	Robert Watson
Amy Holly	Kristi Weaver
Nancy Jones	Amy Wolf
Kelly Kidd	