

Group Exercise Schedule - January 2018 - Complimentary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pi-Yo - MA 11 - 12 noon Yira	Spinning - SR 6:15 - 7 am Amy W. 4	Ride & Body - SR/TR 9 - 10 am Amy W. 3	Spinning - SR 6:15 - 7 am Amy 4	Spinning - SR 9 - 10 am Amy W 4	Spinning - SR 6:15 - 7 am Amy 4	Spinning - SR 8 - 9 am Amy / Cindy 4
	Boot Camp - GX 9 - 10 am Cathy 4	Yoga - MA 9 - 10 am Yira 2	Boot Camp - GX 9 - 10 am Cathy 4	Yoga - MA 9 - 10 am Yira 2	Boot Camp - GX 9 - 10 am Cathy 4	Body - GX 9 - 10 am Amy W. 3
	Stretch & Tone MA 9 - 10 am Amy F. 2	Pi-Yo - MA 10 - 11 am Yira 2	Stretch & Tone MA 9 - 10 am Amy F 2	Pi-Yo - MA 10 - 11 am Yira 2	Ride & Body - SR/TR 9 - 10 am Amy W. 3	Cardio Splash - Pool 10 - 11 am Vivian 3
	Cardio Splash - Pool 9:30 - 10:30 am Nancy	Body - GX 10:30 - 11:30 am Cathy 2	Body Circuit - CT 9:30 - 10:30 am Amy W. 4	Body - GX 10:30 - 11:30 am Cathy 2	Aqua Bootcamp - Pool 10 - 11 am Cynthia 2	Kids Bootcamp 10-11am TR - ages 4 to 12 - Robert
	Power Yoga - MA 10 - 11 am Amy F. 4	Body and Core - GX 5:30 - 6:30 pm Amy W. 3	Cardio Splash - Pool 9:30 - 10:30 am Nancy 3	Zumba - MA 4:30 - 5:30 pm Kristi 2	Pilates - MA 10 - 11:00 am Amy 4	Boot Camp - GX 10 - 11 am Cathy 5
	Zumba - GX 10:30 - 11:30 am Ayanna 2	Pilates MA 6:30 - 7:30 pm Carolyn 3	Core Yoga - MA 10 - 11 am Amy F. 3	Body & Core - MA 5:30 - 6:30 pm Amy 2	Latin Aerobics - GX 10:30 - 11:30 am Sarah 4	Zumba - GX 11 - 12 noon Kristi 2
	Pilates - MA 11 - 12 noon Amy 3	Cardio Splash - Pool 6:30 - 7:30 pm Cynthia 3	Zumba - GX 10:30 - 11:30 am Ayanna 2	Cardio Splash - Pool 6:30 - 7:30 pm Cynthia 2	Chair Yoga - MA 11:30 - 12:30 am Cynthia 2	
	Kids ABC - TR 5- 6 pm Robert	Yoga MA 7:30 - 8:30 pm Carolyn 3	Pilates - MA 12:30 - 1:30 pm Amy 2	Pilates MA 6:30 - 7:30 pm Carolyn 3		
	Zumba - GX 6:30 - 7:30 pm Kristi 2		Kids ABC - TR 5- 6 pm Robert	Yoga MA 7:30 - 8:30 pm Carolyn 3		
	Cardio Boot Camp - TR 6:30 - 7:30 pm Ty 4		Boot Camp - Track 6:30 - 7:30 pm Ty 4			
			Zumba - GX 6:45 - 7:45 pm Sara 2			

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)

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 & Core - Amy H.

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.

Body Circuit - Amy W.

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.

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

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.

Latin Aerobics - Sara,

Latin Aerobics teaches Rumba, Cha Cha, Jive, Salsa, Merengue, Bolero, and Samba. You will do a challenging low impact class while learning the latin and rhythm dances. You do not have to have dance experience. You will learn cuban motion and work on how to push and move with your feet. You would be able to identify steps on Dancing with the Stars after taking this class. This class works on balance, proper turns, and hip motion, and is a ton of fun!

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 involves 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.

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 - 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 - 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 175

Sara Andrews	Carolyn McDermott
Ayanna Archie	Carla Schulte
Yira Bales	Cindy Smallwood
Cynthia Brooks	Ty Stollings - 146
Vivian Corporan	Kylene Terhune - 162
Cathy Derringer - 178	Sarah Veve
Amy Fecher	Robert Watson - 173
Lori Gentry - 148	Kristi Weaver
Amy Holly - 161	Amy Wolf
Nancy Jones	Malealk Young - 172
Kelly Kidd - 149	