

## GROUP FITNESS SCHEDULE

<b>Dates:</b> November 1-30, 2024	<b>Classroom Key:</b> Fitness Room
<b>Please Note:</b> The Rec will be open on November 27 from 6 A.M.-12 P.M. The Rec will be closed on November 28-29, 2024.	<b>Spin Studio</b> Break Week will run from December 22-29, 2024.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>COREography</b> (Valerie)		8:15-9:15 AM					
<b>Pulse</b> (Libby)		8:15-9:15 AM		8:15-9:15 AM		8:15-9:15 AM	
<b>Weekend Warrior</b> (Valerie)						8:15-9:15 AM	
<b>Silver Sneakers Classic*</b> (Patti)	9-9:45 AM		9-9:45 AM				
<b>LIFT</b> (Libby)						9:30-10:30 AM	
<b>TRX</b> (Libby)		9:30-10:30 AM		9:30-10:30 AM			
<b>Dance Party</b> (Patti)	10-10:45 AM		10-10:45 AM				
<b>Standing Chair Yoga</b> (Karen B.)			11 AM-11:45 PM				
<b>Timeless Yoga*</b> (Carol)		11 AM-12 PM		11 AM-12 PM			
<b>Weighted Yoga*</b> (Karen B.)	11 AM-11:45 PM						
<b>Mindful Flow*</b> (Jacqui)			4:15-5:15 PM				
<b>Restorative and Yin Yoga*</b> (Karen B.)	4:15-5 PM						
<b>Spintensity</b> (Stephanie)		5:15-6:15 PM		5:15-6:15 PM			
<b>HIIT Strength</b> (Karen K.)		5:45-6:45 PM					
<b>PowerUp</b> (Mary)	5:45-6:45 PM		5:45-6:45 PM				
<b>HiPi</b> (Valerie)				6-7 PM			

Classes marked with an \* are recommended for Active Aging Adults.

## Class Descriptions

**COREography** – Do you wish to have a stronger core and become more toned and flexible? Then this class is for you! Each class is different, as variety is the spice of life!

**Dance Party** – A combination of fun, upbeat dance moves, including genres from the Golden Oldies, Disco, Rock, Hip Hop, Country, and Latin. It will include some familiar line dances and is appropriate for all ages. Smooth soled sneakers recommended.

**Fitness on Demand** – Hundreds of various fitness schedules available at the push of a button on our TV screen in Room A. Fitness on Demand is included in all memberships. Access to Fitness on Demand at home remains an added perk for our Platinum memberships. Fitness on Demand is available whenever another class is not already in session. Fitness on Demand will also be available for a class typically offered in the Fitness Room when the usual instructor cannot teach and is unable to obtain a substitute instructor. Please see the front desk, and a Customer Service Associate can help you get your selected class started!

**HIIT Strength** – A rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. Suitable for all fitness levels, as modifications are shown.

**HiPi** – High intensity interval training coupled with Pilates. Come join Valerie for head-to-toe toning and heart pumping fun!

**LIFT** – Build strength, add definition, increase bone density, and decrease body fat by INCREASING lean muscle. Using a variety of weight training equipment and techniques, change the shape of your body – every muscle, every Saturday, in one hour.

**Mindful Flow\*** – Experience the relaxing and healing effects of mindful movement through flow yoga and take with you helpful tips for the deepening of your own mindful practice, on and off the mat.

**PowerUp** – Power up all your muscles, including your heart, in this workout! Shape, tone, and strengthen your body with weight training, and up your calorie burn with aerobic exercises.

**Pulse (Spin Class)** – Ride to the rhythm. This class mixes a variety of tempos and drills over one hour of great music!

**Restorative and Yin Yoga\*** – A yoga blend of restorative and passive floor poses, which are held for longer periods. This class is designed to relax and renew the mind, body, and spirit. Come chill with fellow Yogis, and get your week off to a great start. Bring your yoga mat and a blanket.

**Silver Sneakers Classic\*** – This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, and a small fitness ball. 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. *If you have a Silver Sneakers membership, you can participate in this class free of charge.*

**Spintensity (Spin Class)** – Be ready to push yourself to the max with sprints, climbs, surges, jumps, jogs, and combos. This class will rev up your heart and get those endorphins going! Suitable for all fitness levels.

**Standing Chair Yoga** – This intermediate yoga class is a standing/floor chair and mat class. We will be using our chairs as a prop to explore alignment and energetics in our asana practice. *We will not be seated, and we will be on the floor for a portion of our class.* Bring your yoga mat.

**Timeless Yoga (Chair Yoga)\*** – This class is designed for people of all ages with limited range of motion and mobility. Participants will practice techniques to improve breathing capacity, concentration, flexibility, strength, and relaxation. Exercises are done with the use of chairs and blankets or cushions.

**TRX** – \*Participation in our Intro to TRX program is a pre-requisite to attending TRX class. Stay tuned into social media or ask the front desk about Intro to TRX program dates.\* TRX stands for Total Body Resistance Exercise. It is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. It is versatile, suitable for all levels, improves cardio and strength, engages the whole body, and is low impact in nature. This class will meet in the back of the gym. Please bring your own mat to use.

**Weekend Warrior** – A fusion of yoga and Pilates, this class will help jumpstart your weekend. Become more toned and flexible, while improving your balance.

**Weighted Yoga\*** – Intermediate chair yoga class that incorporates breath work, seated asana with an interval use of light hand weights, and standing balance. This class will bring a new perspective to your yoga practice by building endurance, flexibility, and strength.

- Fitness Classes are available to members with a Platinum Membership or with the purchase of a fitness pass.
- Fitness passes are \$25/month for members and include unlimited classes. Monthly, weekly, and daily fitness class passes are available for non-members. Passes may be purchased at the front desk.
- Please note all classes in the Fitness Room have a maximum capacity of 20 participants. Classes are on a first come, first served basis. Please plan your arrival accordingly.