

GROUP FITNESS SCHEDULE

Dates:	January 2-31, 2024	Classroom Key:	Fitness Room
No Classes On:	January 15, 2024		Spin Studio

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chair Yoga* (Karen B.)	11 AM-12 PM					
COREography (Valerie)		8:15-9:15 AM				
F.O.D. Varies each day	Strength: 12:15-12:45 PM 5-5:30 PM	Yoga/Pilates: 12:15-12:45 PM 5-5:30 PM 7:15-7:45 PM	Dance: 12:15-12:45 PM 7:15-7:45 PM	HIIT: 12:15-12:45 PM 5-5:30 PM 7:15-7:45 PM	Meditation/Stret- ching/Breathing: 12:15-12:45 PM 5:15-5:45 PM	
Golden Fitness* (Karen B.)	8:00-8:45 A.M.		8-8:45 AM			
HIIT Strength (Karen K.)		5:45-6:45 PM				
HiPi (Valerie)				6-7 PM		
Intro to Meditation* (Austin)	7-7:45 PM					
LIFT (Libby)						9:30-10:30 AM
Mindful Flow* (Jacqui)			4:15-5:15 PM			
PowerUp (Mary)	5:45-6:45 PM		5:45-6:45 PM			
Pulse (Libby)		8:15-9:15 AM		8:15-9:15 AM		8:15-9:15 AM
Renew and Restore* (Karen B)	9:30-10:30 AM					
Spintensity (Stephanie)		5:15-6:15 PM		5:15-6:15 PM		
Timeless Yoga* (F.O.D.)		11 AM-12 PM		11 AM-12 PM		
TRX (Libby)		9:30-10:30 AM		9:30-10:30 AM		
Weekend Warrior (Valerie)						8:15-9:15 AM
Weighted Yoga (Karen B.)			11 AM-12 PM			

Classes marked with an * are recommended for Active Adults.

Class Descriptions

Chair Yoga* – This beginner yoga class will introduce you to the practice of yoga. You will learn the benefits of yoga are many – enhanced focus, creativity, flexibility, balance, and strength. This class is taught in and with the support of a chair and uses yoga props, such as a block and strap, which are all provided. No previous yoga experience is needed.

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!

Golden Fitness* – Whether you are 60 or 90, this class has something for you! This exercise class is taught seated with some standing balance using a chair. We will incorporate breathing techniques with upper body movement to increase your range of motion using props, such as a band, straps, and blocks. Lower body exercises in a chair are designed to strengthen and stretch the lower extremities. Standing balance with the aid of a chair will help you be more mindful of your balance and help with everyday activities. This class is designed for people of all ages with limited range of motion and mobility.

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!

Intro to Meditation* – An introduction to the basics of Meditation by learning to set intentions and different techniques of breathwork to achieve feelings of relaxation and peace of mind. Each class will begin with a breathing exercise for relaxation before progressing onto one of six meditation techniques: Breath Awareness, Body Scan, Progressive Relaxation, Mantra, Loving-Kindness, and Zen, in that order, before cycling back, offering something different for everyone and ensuring no class is ever the same. No experience needed!

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!

Renew and Restore* – A gentle mat practice designed for you to follow your journey in the practice of meditation and yoga. We will explore breathing techniques, meditation, short sequence asana, and restorative poses of yoga. Explore the benefits of yoga and learn how to de-stress throughout your week. No previous yoga experience is necessary.

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.

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.