

New Year's Week Group Fitness

*Reservations required for Spin and TRX only

5:		*Reservations required for Spin and TRX only	INCTRUCTOR	
	TIME		INSTRUCTOR	LOCATION
	5:30 AM		Shannon	Group Fitness Studio
	5:15 AM	Early Bird	Volunteer Led	Board Room
	3:15 AM	HIIT	Megan	Group Fitness Studio
	3:15 AM 9:00 AM	Deep Fit	Lee Jennifer	Everett-Milton Pool Community Room
	9:00 AM 9:00 AM	SilverSneakers Lesmills BODYPUMP	Erin	Group Fitness Studio
	9:00 AM	Yoga Flow and Restore	Jill T.	Yoga & Pilates Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
1	10:00 AM	AIM	Carisa	Group Fitness Studio
1	10:00 AM	Chair Yoga	Sissy	Community Room
Monday	11:00 AM	BAM!	Sissy	Community Room
5	11:00 AM	Simply Stretch	Carisa	Yoga & Pilates Studio
Ϋ́ς Ι	11:00 AM	COUNTRY	Suzanna	Group Fitness Studio
	11:15 AM	Aqua Fit	Lillian	Everett-Milton Pool
	12:10 PM	Lunch Express	Carisa	Group Fitness Studio
	1:30 PM	30 Minute Spin	Kerwin	Spin Room
	1:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
		CORE	Amber	Group Fitness Studio
	5:30 PM			•
	5:30 PM 5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
	5:30 PM 5:30 PM	Kicking It With Leon Zumba	Leon	Group Fitness Studio Group Fitness Studio
	5:15 AM	Cardio Barre	Jenny Brandi	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	3:05 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
-	3:05 AM	CORE	Amber	Group Fitness Studio
	9:00 AM	Silver Sneakers	Кау	Community Room
	9:15 AM	STRONG Nation®	Sissy	Group Fitness Studio
9	9:15 AM	Silver Spin	Leon	Spin Room
> 1	10:00 AM	Chair Yoga	Amber	Community Room
T	10:00 AM	Zumba	Sissy	Group Fitness Studio
10	10:00 AM	Simply Stretch	Carisa	Yoga & Pilates Studio
Ü 1	11:00 AM	Gentle Motion Tai Chi	Carisa	Yoga & Pilates Studio
3	11:15 AM	Aqua Fit	Lillian	Everett-Milton Pool
	11:00 AM	LaBlast fitness	Narvareaz	Group Fitness Studio
	11:30 AM 12:10 PM	SilverSneakers	Kay	Community Room
		Spin	Deb	Spin Room Functional Fitness Room
	12:15 PM	TRX – Must sign up online!	Bri	
	1:30 PM 5:00 PM	RIP	Rotate Volunteer Led	Group Fitness Studio Everett-Milton Pool
	5:30 PM	Aqua Fit Rocket Yoga	Jessica	Yoga & Pilates Studio
	5:45 PM	Hip Hop Dance Cardio	Sabrina	Group Fitness Studio
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Wednesday		(losed	
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	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	5:30 AM	Cardio Barre Spin	Brandi Lauren	Spin Room
8	5:30 AM 3:05 AM	Cardio Barre Spin Yoga Flow	Brandi Lauren Jill T.	Spin Room Yoga & Pilates Studio
8 8	5:30 AM 3:05 AM 3:05 AM	Cardio Barre Spin	Brandi Lauren Jill T. Erin	Spin Room Yoga & Pilates Studio Group Fitness Studio
8 8 9	5:30 AM 3:05 AM	Cardio Barre Spin Yoga Flow CORE	Brandi Lauren Jill T.	Spin Room Yoga & Pilates Studio
8 8 9 9	5:30 AM 3:05 AM 3:05 AM 9:00 AM	Cardio Barre Spin Yoga Flow CORE Silver Sneakers Yoga Flow and Restore	Brandi Lauren Jill T. Erin Kay	Spin Room Yoga & Pilates Studio Group Fitness Studio Community Room
8 9 9 9 9 9	5:30 AM 3:05 AM 3:05 AM 9:00 AM 9:00 AM	Cardio Barre Spin Yoga Flow CORE Silver Sneakers Yoga Flow and Restore	Brandi Lauren Jill T. Erin Kay Carisa	Spin Room Yoga & Pilates Studio Group Fitness Studio Community Room Yoga & Pilates Studio
8 9 9 9 9 9	5:30 AM 3:05 AM 3:05 AM 9:00 AM 9:00 AM 9:00 AM 9:15 AM 10:00 AM	Cardio Barre Spin Yoga Flow CORE Silver Sneakers Yoga Flow and Restore BODYCOMBAT Silver Spin Chair Yoga	Brandi Lauren Jill T. Erin Kay Carisa Erin Rachel Carisa	Spin Room Yoga & Pilates Studio Group Fitness Studio Community Room Yoga & Pilates Studio Group Fitness Studio Spin Room Community Room
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8 9 9 9 9 9	5:30 AM 3:05 AM 3:05 AM 3:00 AM 3:00 AM 3:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM	Cardio Barre Spin Yoga Flow CORE Silver Sneakers Yoga Flow and Restore BODYCOMBAT Silver Spin Chair Yoga Zumba Simply Stretch Gentle Motion Tai Chi Aqua Fit	Brandi Lauren Jill T. Erin Kay Carisa Erin Rachel Carisa Sissy Rachel Carisa Lillian	Spin Room Yoga & Pilates Studio Group Fitness Studio Community Room Yoga & Pilates Studio Group Fitness Studio Spin Room Community Room Group Fitness Studio Yoga & Pilates Studio Yoga & Pilates Studio Everett-Milton Pool
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AIM	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.		
Afternoon "Anything Goes!"	Full body work out that changes week to week!		
Aqua Fit	Challenge yourself with our joint-gentle aquatic workout in the shallow end. Complete conditioning does not have to be limited the land!		
BAM!	30 mins of cardio drumming that will raise your heart rate while improving coordination and focus, as well as, core and arm strength!		
Cardio Barre	An up-beat, high energy barre class that combines traditonal, light weight barre exercises with non-stop fat burning metabolic movements		
Chair Yoga	Perfect for beginning yoga students & those with physical challenges who find it difficult to get on & off the floor as required in a traditional yoga class.		
Core	This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis alignment, breathing, developing a strong core, and improving coordination and balance.		
Country Line Dance / Country Fusion	An aerobic fitness workout centered around Country Line Dance.		
Deep Fit	Improve balance, muscle strength, and flexibility while receiving a great cardiovascular workout. This deep water class utilizes buoyancy belts and exercise gloves. Participants must be able to swim		
Early Bird	Old style calisthenics and stretching		
Gentle Motion Tai Chi	A gentle movement class adapting Tai Chi postures to improve balance, strength and flexiblity		
Hip Hop Dance Cardio	A fast pasted dance aerobics class set to Hip Hop that is sure to get your heart pumping and your face smiling!		
нит	High intensity interval training, otherwise referred to as HIIT – a type of workout that combines short bursts of high- intensity exercise with low to moderate-intensity exercises or rest periods.		
LaBlast Fitness	Partner-free dance fitness class created by Louis van Amstel (Dancing with the Stars). This fun dance class is accessible for all levels and will take you thru a full array of dance styles!		
Lunch Express	A 45 minute total body workout.		
Pilates	A mind/body exercise that involves a series of controlled movements that target the core muscles, improve flexibility, balance, and posture.		
Rip / Kicking it with Leon	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!		
Rocket Yoga	Dynamic and fast paced form of Astanga Vinyasa. This class is a perfect blend of traditional yoga asanas and fun flows linked to upbeat music! Guarinteed to be a challenging action packed sweaty yoga class.		
SilverSneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movemen and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for		
Silver Spin	Beginner Spin targeting the Active Older Adult, but great for any level!		
Simply Stretch	This class is designed to increase flexiblity with the use of simple stretches, gentle yoga and balance		
Spin	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music , while cycling indoors.		
STRONG Nation®	Combines body weight, muscle conditoning, cardio, and plyometric training moves set to upbeat, fun music!		
Total Body Strength and Conditioning	The ultimate full body workout for all fitness levels. Strength training combined with cardio to get your heart pumping and your muscles burning!		
Yin Yang Yoga	A harmonious blend of two styles of yoga. The class starts with a slow paced practice and transitions to a more active and dynamic flow. All levels welcome!		
Yoga*	This program incorporates the best of stretch, strength, and stabilization training. Exercises are designed to develop strength and flexibility to counter balance the stress of day to day life. *see separate yoga schedule for more detailed yoga descriptions fo various yoga classes.		
Zumba	A dance based class, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.		
Lesmills BODYPUMP	A barbell workout for anyone looking to lean, tone, and get fit fast using light to moderate weight with high repetition. This total body workout will challenge all of your major muscle groups.		
Lesmille BODYCOMBAT	High energy non contact mixed martial arts inspired workout. This class is combined with great music and energy. Get ready to kick and punch your way into fitness!		
	A 30 minute scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.		
Lesmille Shapes	A dynamic full-body, targeted workout the uses small, controlled movements and repetition to isolate muscles, sculpting all areas of the body. Suitable for all fitness levels.		
PILATES	A 45 minute pilates workout that combines traditonal pilates movements with music, coaching, and focus on breath and mobility.		
TRX	A suspension training workout that uses body weight resistance to improve strength, core stability, flexibility, and coordination. *Must sign up *Only 5 spots available		