November Group Fitness

*Reservations required for Spin and TRX only

	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	5:30 AM	LesMILLS BODYPUMP 30	Shannon	Group Fitness Studio
	5:30 AM	Pilates Sculpt	Aubrey	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:05 AM	**Yoga Flow - Starts 11/4**	**Brandy**	**Yoga & Pilates Studio**
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	8:15 AM	HIIT	Megan	Group Fitness Studio
	9:00 AM	Morning Vinyasa	Carlisle	Yoga & Pilates Studio
	9:00 AM	SilverSneakers	Jennifer	Community Room
	9:00 AM	LesMILLS BODYPUMP	Erin	Group Fitness Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	AIM	Susan S.	Group Fitness Studio
	10:00 AM	Chair Yoga	Sissy	Community Room
	11:00 AM	BAM!	Sissy	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	COUNTRY SWEAT	Suzanna	Group Fitness Studio
	11:00 AM	Aqua Fit	Ann	Everett-Milton Pool
	12:10 PM	Lunch Express	Rachel	Group Fitness Studio
	12:15 PM	**Chair Yoga**	**Linda**	**Community Room**
	4:30 PM	30 Minute Spin	Kerwin	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
	5:15 PM	**Kicking It With Leon**	**Leon**	**Group Fitness Studio**
	6:30 PM	Zumba	Jenny	Group Fitness Studio
Tuesday	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:05 AM	Pilates Fusion	Amber	Group Fitness Studio
	9:00 AM	Silver Sneakers	Kay	Community Room
	9:00 AM	Morning Vinyasa	Carlisle	Yoga & Pilates Studio
	9:00 AM	**LesMILLS BODYCOMBAT**	**Suzanna**	**Group Fitness Studio**
	9:15 AM	Silver Spin	Rachel	Spin Room
	10:00 AM	Chair Yoga	Amber	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	YoChi	Sissy	Yoga & Pilates Studio
	11:00 AM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	11:00 AM	COUNTRY SWEAT	Kim	Group Fitness Studio
	11:30 AM	SilverSneakers	Connie	Community Room
	12:10 PM	Lunch Spin	Deb	Spin Room
	12:15 PM	TRX Express (Limited to 12 Spots)	Sissy	TRX Room
	4:30 PM	RIP	Bonita	Group Fitness Studio
	5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	5:30 PM	Deep Fit	Amanda	Everett-Milton Pool
	5:30 PM	**LesMILLS BODYPUMP**	**Melanie**	**Group Fitness Studio**
	5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio
Wednesday	5:30 AM	LesMILLS BODYPUMP HEAVY 30	Shannon	Group Fitness Studio
	5:30 AM	Pilates Sculpt	Aubrey	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00 AM	LesMILLS BODYPUMP HEAVY	Erin	Group Fitness Studio
	8:05 AM	**Yoga Flow - Starts 11/4**	**Brandy**	**Yoga & Pilates Studio**
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	SilverSneakers	Jennifer	Community Room
	9:00 AM	Barre	Rachel B.	Group Fitness Studio
	9:00 AM	LesMILLS PILATES	Erin	Yoga & Pilates Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	AIM	Dona	Group Fitness Studio
	10:00 AM	Chair Yoga	Rachel	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Aqua Fit	Ann	Everett-Milton Pool
	11:00 AM	COUNTRY SWEAT	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Rachel	Group Fitness Studio
	12:15 PM	**Chair Yoga**	**Linda**	**Community Room**
	4:30 PM	30 Minute Spin	Taylor	Spin Room
	4:30 PM	Restorative Flow Yoga	Linda	Yoga & Pilates Studio
	5:15 PM	**Kicking It With Leon**	**Leon**	**Group Fitness Studio**
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
Thursday	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:05 AM	Pilates Fusion	Erin	Group Fitness Studio
	9:00 AM	Silver Sneakers	Kay	Community Room
	9:00 AM	Morning Vinyasa	Carlisle	Yoga & Pilates Studio
	9:00 AM	LesMILLS BODYCOMBAT	Erin	Group Fitness Studio
	9:15 AM	Silver Spin	Rachel	Spin Room
	10:00 AM	Chair Yoga	**Brandy**	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	YoChi	Sissy	Yoga & Pilates Studio
	11:00 AM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	11:00 AM	COUNTRY SWEAT	Kim	Group Fitness Studio
	11:30 AM	SilverSneakers	Connie	Community Room
	12:10 PM	Lunch Spin	Deb	Spin Room
	12:15 PM	TRX Express (Limited to 12 Spots)	Holly	TRX Room
	4:30 PM	RIP	Melanie	Group Fitness Studio
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	5:30 PM	Deep Fit	Amanda	Everett-Milton Pool
	5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio
	5:30 PM	HIIT	Megan	Group Fitness Studio
	6:30 PM	COUNTRY SWEAT	Kim	Group Fitness Studio

Friday	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00 AM	YogaFaith	Brandy	Yoga & Pilates Studio
	8:15 AM	HIIT	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	SilverSneakers	Jennifer	Community Room
	9:00 AM	LesMills BODYPUMP	Erin	Group Fitness Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	Simply Stretch	Connie	Yoga & Pilates Studio
	10:00 AM	AIM Strength	Suzanna	Group Fitness Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	11:00 AM	Aqua Fit	Ann	Everett-Milton Pool
	12:10 PM	Lunch Express	Bonita	Group Fitness Studio
Sat.	9:00 AM	Hatha Yoga	Christi	Yoga & Pilates Studio
	9:00 AM	Spin	Instructor Choice - Rotate	Spin Room
	10:00 AM	**LesMills BODYPUMP**	**Melanie**	**Group Fitness Studio**

AIM Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.

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!

Cardion 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.

Pilates Fusion This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on 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

YoChi A gentle movement class adapting Tai Chi and Yoga 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!

HIIT 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.

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 movement 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.

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!

Vinyasa Yoga A dynamic style of Yoga that connects poses with the breath in a flowing sequence. This classwill help improve cardiovascular fitness, strengthen muscles while increasing flexibility and mobility.

Hatha Yoga A rejuvenating 75 minute class designed to promote balance, flexibility, and inner calm. Start with gentle stretch followed by a series of foundational postures that enhance strength, alignment, and stablity.

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.

LesMills BODYPUMP HEAVY Like your favorite BodyPump class but Heavy uses heavier weight with less reps. A workout based on strength training in the weight room!

LesMills 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!

LesMills CORE A 30 minute scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.

LesMills 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.

LesMills PILATES A 45 minute pilates workout that combines traditonal pilates movements with music, coaching, and focus on breath and mobility.

TRX / TRX Yoga A suspension training workout that uses body weight resistance to improve strength, core stability, flexibility, and coordination. *Sign Ups Recommended *Only 12 spots available