



GROUP FITNESS SCHEDULE

March 2020

March 2- April 4

| | TIME | CLASS | INSTRUCTOR | LOCATION |
|------------------|--------------|---------------------|-----------------------|-----------------------|
| Monday | 5:30 AM | Morning Madness | Jill R. | Group Fitness Studio |
| | 5:30 AM | Spin | Rachel | Spin Room |
| | 6:15 AM | Early Bird | Volunteer Led | Board Room |
| | 8:00 AM | Revolution | Rachel | Group Fitness Studio |
| | 9:00 AM | Power Muscle | Megan | Group Fitness Studio |
| | 9:00 AM | Flow Yoga | Sissy | Yoga & Pilates Studio |
| | 9:00 AM | Silver Sneakers | Jennifer | Butler-Mason |
| | 10:00 AM | Chair Yoga | Sissy | Community Room |
| | 10:00 AM | AIM | Nancy | Group Fitness Studio |
| | 11:00 AM | BAM | Sissy | Community Room |
| | 11:00 AM | Country Line Fusion | Suzanna | Group Fitness Studio |
| | 12:10 PM | Lunch Express | Kim | Group Fitness Studio |
| | 1:10 PM | Yoga | Kim | Yoga & Pilates Studio |
| | 4:30 PM | Kids Zumba | Jenny | Community Room |
| | 4:30 PM | HIIT | Erin | Group Fitness Studio |
| | 4:30 PM | Spin | Bonita | Spin Room |
| | 4:30 PM | Holy Yoga | Maggie | Yoga & Pilates Studio |
| | 5:30 PM | Country Line Fusion | Suzanna | Group Fitness Studio |
| | 5:30 PM | Spin | Holly | Spin Room |
| | 5:30 PM | Yoga | Joanne | Yoga & Pilates Studio |
| 6:30 PM | Zumba Soul | Katherine | Group Fitness Studio | |
| 6:30 PM | Spin | Rhonda | Spin Room | |
| Tuesday | 5:30 AM | Spin | Lauren | Spin Room |
| | 5:30 AM | Yoga | Katherine | Yoga & Pilates Studio |
| | 8:00 AM | Pilates | Deborah | Group Fitness Studio |
| | 8:30 AM | Yoga | Jill T. | Yoga & Pilates Studio |
| | 9:00 AM | Kickboxing | Megan | Group Fitness Studio |
| | 10:00 AM | Chair Yoga | Lucretia | Community Room |
| | 10:00 AM | Zumba | Sissy | Group Fitness Studio |
| | 10:00 AM | Power Flow | Erin | Yoga & Pilates Studio |
| | 11:00 AM | Zumba Gold | Nancy | Group Fitness Studio |
| | 11:30 AM | Silver Sneakers | Rachel | Community Room |
| | 12:10 PM | Spin | Kim | Spin Room |
| | 1:15 PM | Yoga | Lucretia | Yoga & Pilates Studio |
| | 4:30 PM | R.I.P | Holly | Group Fitness Studio |
| | 5:30 PM | Chair Yoga | Margina | Community Room |
| | 5:30 PM | Zumba | Sabrina | Group Fitness Studio |
| | 5:30 PM | Spin | Suzanna | Spin Room |
| | 5:30 PM | All levels Yoga | Sissy | Yoga & Pilates Studio |
| 6:30 PM | Knock It Off | Shawn | Group Fitness Studio | |
| 6:30 PM | Spin | Sam | Spin Room | |
| 6:30 PM | Flow Yoga | Margina | Yoga & Pilates Studio | |
| Wednesday | 5:30 AM | Morning Madness | Jill R. | Group Fitness Studio |
| | 5:30 AM | Boga Fit | Jill T. | Everett-Milton Pool |
| | 5:30 AM | Power Flow Yoga | Jenna | Yoga & Pilates Studio |
| | 6:15 AM | Early Bird | Volunteer Led | Board Room |
| | 8:10 AM | Power Pump | Erin | Group Fitness Studio |
| | 9:00 AM | Zumba | Megan | Group Fitness Studio |
| | 9:00 AM | Silver Sneakers | Jennifer | Butler-Mason |
| | 9:00 AM | Yoga | Amanda | Yoga & Pilates Studio |
| | 10:00 AM | Chair Yoga | Rachel | Community Room |
| | 10:00 AM | AIM | Nancy | Group Fitness Studio |
| | 11:00 AM | Country Line Fusion | Suzanna | Group Fitness Studio |
| | 12:10 PM | Lunch Express | Kim | Group Fitness Studio |
| | 1:10 PM | Yoga | Kim | Yoga & Pilates Studio |
| | 4:30 PM | Strong | Sissy | Group Fitness Studio |
| | 4:30 PM | Kids Zumba | Jenny | Community Room |
| | 4:30 PM | Spin | Bonita | Spin Room |
| | 4:30 PM | Holy Yoga | Maggie | Yoga & Pilates Studio |
| 5:30 PM | Power Pump | Jill T. | Group Fitness Studio | |
| 5:30 PM | Spin | Holly | Spin Room | |
| 5:30 PM | Yoga | Joanne | Yoga & Pilates Studio | |
| Thursday | 5:30 AM | Spin | Lauren | Spin Room |
| | 5:30 AM | Yoga | Jill T. | Yoga & Pilates Studio |
| | 8:00 AM | Pilates | Deborah | Group Fitness Studio |
| | 8:30 AM | Flow Yoga | Margina | Yoga & Pilates Studio |
| | 9:00 AM | Kickboxing | Megan | Group Fitness Studio |
| | 10:00 AM | Chair Yoga | Lucretia | Community Room |
| | 10:00 AM | Zumba | Sissy | Group Fitness Studio |
| | 10:00 AM | Power Flow | Erin | Yoga & Pilates Studio |
| | 11:00 AM | Zumba Gold | Nancy | Group Fitness Studio |
| | 11:30 AM | Silver Sneakers | Rachel | Community Room |
| | 12:10 PM | Spin | Kim | Spin Room |
| | 1:15 PM | Yoga | Lucretia | Yoga & Pilates Studio |
| | 4:30 PM | R.I.P | Holly | Group Fitness Studio |

*schedule continued on the back

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| Thur | 5:30 PM | Chair Yoga | Margina | Community Room |
| | 5:30 PM | Zumba | Sabrina | Group Fitness Studio |
| | 5:30 PM | Spin | Suzanna | Spin Room |
| | 5:30 PM | Yoga | Amanda | Yoga & Pilates Studio |
| | 6:30 PM | Knock It Off | Shawn | Group Fitness Studio |
| | 6:30 PM | Spin | Sam | Spin Room |
| | 6:30 PM | Flow Yoga | Margina | Yoga & Pilates Studio |
| Friday | 5:30 AM | Pilates | Lauren | Group Fitness Studio |
| | 5:30 AM | Boga Fit | Jill T. | Everett-Milton Pool |
| | 5:30 AM | Spin | Jill R. | Spin Room |
| | 5:30 AM | Yoga | Jenna | Yoga & Pilates Studio |
| | 6:15 AM | Early Bird | Volunteer Led | Board Room |
| | 8:00 AM | Revolution | Rachel | Group Fitness Studio |
| | 9:00 AM | Power Muscle | Megan | Group Fitness Studio |
| | 9:00 AM | Silver Sneakers | Beth | Butler-Mason |
| | 9:00 AM | Yoga | Amanda | Yoga & Pilates Studio |
| | 10:00 AM | Chair Yoga | Rachel | Community Room |
| | 10:00 AM | AIM | Susan | Group Fitness Studio |
| | 11:00 AM | Zumba Soul | Katherine | Group Fitness Studio |
| | 12:10 PM | Lunch Express | Kim | Group Fitness Studio |
| | 1:10 PM | Yoga | Kim | Yoga & Pilates Studio |
| | 4:30 PM | Power Muscle | Megan A. | Group Fitness Studio |
| 5:30 PM | Spin | Rhonda | Spin Room | |
| Sat. | 8:30 AM | Yoga | TBA | Yoga & Pilates Studio |
| | 9:00 AM | Spin | TBA | Spin Room |
| | 10:00 AM | Instructor choice | TBA | Group Fitness Studio |

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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. |
| BAM | Beats And Motion! Using rhythm as the source of inspiration to discover a new group fitness experience BAM combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. |
| Body Blast | This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great! |
| Boga Fit | A fitness regimen that combines the best aspects of key proven core movements from yoga and boot camp. |
| Country Line Fusion | An aerobic fitness workout centered around Country Line Dance while infusing various other dances including Salsa, Cha-Cha, Belly Dance, Hip Hop, Samba, Merengue, Swing and more. |
| 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. |
| Kickboxing | A cardio workout that incorporates punches, kicks, plyometrics and more. You will burn mega calories. Great for the beginner or the experienced. |
| Knock It Off | Conditioning based boxing including calisthenics, plyos, rope work, weights, shadowboxing and core work. Total body workout! |
| Morning Madness | This circuit style class is guaranteed to wake you up! |
| Pilates | 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. |
| Piloxing Knockout | 30-minute workout influenced by plyometrics, sports conditioning drills and functional training. Increase your fitness level, boost your confidence and strength, break boundaries and gain results. |
| Power Muscle | Work every major muscle group in the body. Strengthens, conditions, tones, and defines! |
| Power Pump | A workout that challenges all the major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great for any fitness level! |
| Silver Sneakers | 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 resistance. A chair is available if needed for seated or standing support. |
| Strong | Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. |
| Revolution | Revolution's purpose is to maximize your fitness potential so you'll get dramatic results at a faster pace. This class offers an entire cardio circuit with a focus on your core. Each workout is comprised of different exercises so you never get bored and always progress! |
| R.I.P. | Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat! |
| Spin | Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors. |
| 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 for various yoga classes |
| 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. The postures are chosen to protect joints, strengthen balance and increase range of movement. |
| Zumba | One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout. |
| Zumba Soul | Get in touch with your inner joy with zumba soul! Shake it up in a traditional zumba class with the added aspect of exploring your inner being and finding joy through movement! |
| Zumba Gold | Less intense, with dance routines designed for beginners and older adults who may have limited capabilities. |