

February Group Fitness

	TIME	*Reservations required for Spin and TRX only		LOCATION
	TIME	CLASS LesMills	INSTRUCTOR	LOCATION
	5:30 AM 6:15 AM	BODYPUMP 30 CORE 30 Early Bird	Shannon Volunteer Led	Group Fitness Studio Board Room
Monday	8:15 AM	HIIT	Megan	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
	9:00 AM	Yoga Flow and Restore	Katherine	Yoga & Pilates Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	AIM	Susan S.	Group Fitness Studio
	10:00 AM 11:00 AM	Chair Yoga BAM!	Sissy Sissy	Community Room Community Room
	11:00 AM 11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	10:30 AM	Intro to Country Line Dance	Suzanna	Yoga & Pilates Studio
	11:00 AM	COUNTRY	Suzanna	-
				Group Fitness Studio
	11:00 AM 12:10 PM	Aqua Fit Lunch Express	Lillian Rachel	Everett-Milton Pool Group Fitness Studio
	4:30 PM	30 Minute Spin	Kerwin	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	4:30 PM	CORE	Amber	Group Fitness Studio
	5:30 PM	Yoqa	Joanne	Yoga & Pilates Studio
	5:30 PM	Kicking It With Leon	Leon	Group Fitness Studio
	6:30 PM	Zumba	Jenny	Group Fitness Studio
	5:15 AM	Cardio Barre	Brandi	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:05 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:05 AM	CORE	Amber	Group Fitness Studio
	9:00 AM	Silver Sneakers	Kay	Community Room
	9:15 AM 9:15 AM	STRONG Nation® Silver Spin	Sissy Rachel	Group Fitness Studio Spin Room
	10:00 AM	Chair Yoga	Amber	Community Room
>	10:00 AM	Zumba	Sissy	Group Fitness Studio
ā	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
פָּר	11:00 AM	Gentle Motion Tai Chi	Carisa	Yoga & Pilates Studio
l ö	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
Tuesday	11:00 AM	Aerobic Infusion Plus+	Leon	Group Fitness Studio
	11:30 AM 12:10 PM	SilverSneakers	Rachel Deb	Community Room
	12:10 PM	Spin Vinyasa Yoga	Carlisle	Spin Room Yoga & Pilates Studio
	12:10 PM 12:15 PM	TRX - Must sign up online!	Bri	Functional Fitness Room
	4:30 PM	RIP	Holly	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	Rocket Yoga	Jessica	Yoga & Pilates Studio
	5:45 PM	Hip Hop Dance Cardio	Sabrina	Group Fitness Studio
	3. 13 1 14	The Hop Bullet Curato	Judinia	
	5:30 AM	LESMILLS BODYPUMP 30 CORE 30	Shannon	Group Fitness Studio
		BODYPUMP 39 CORE 39 Early Bird		
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	5:30 AM 6:15 AM 8:00 AM 8:15 AM 9:00 AM	BODYPUMP (39) CORE (39) Early BODYPUMP Deep Fit SilverSneakers	Shannon Volunteer Led Erin Lee Jennifer	Group Fitness Studio Board Room Group Fitness Studio Everett-Milton Pool Community Room
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,	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:05 AM	Yin Yoga	Jill T.	Yoga & Pilates Studio
	8:15 AM	HIIT	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	Cardio Barre	Brandi	Yoga & Pilates Studio
riday	9:00 AM	SilverSneakers	Jennifer	Community Room
1 6	9:00 AM	Lesmills BODYPUMP	Erin	Group Fitness Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
匝	10:00 AM	AIM Strength	Rachel	Group Fitness Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Simply Stretch	Amber	Yoga & Pilates Studio
	10:30 AM	Intro to Country Line Dance	Bonnie	Yoga & Pilates Studio
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	11:00 AM	Aqua Fit	Ann	Everett-Milton Pool
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
Sat.	9:00 AM	Yin/Yang Yoga (75 minutes)	Christi	Yoga & Pilates Studio
	9:00 AM	Spin	Instructor Choice - Rotate	Spin Room

Aerobic Infusion Plus+

AIM

A mixture of step aerobics, Kickboxing, Weights, Bootcamp and mobility training. This class has it all!

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

RAM! 30 mins of cardio drumming that will raise your heart rate while improving coordination and focus, as well as, core and

arm strength!

limited the land!

Cardio Barre An up-beat, high energy barre class that combines traditional, 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.

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

alignment, breathing, developing a strong core, and improving coordination and balance.

Country Line Dance / Country

Fusion

Lunch Express

An aerobic fitness workout centered around Country Line Dance.

Intro To Country Line Dance Come learn the basic steps of 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!

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.

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! 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

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 flexibility with the use of simple stretches, gentle yoga and balance

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

Vinvasa Yoga

Lesmills BODYCOMBAT

CORE

PILATES

TRX

The ultimate full body workout for all fitness levels. Strength training combined with cardio to get your heart pumping and your muscles burning!

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. A harmonious blend of two styles of yoga. The class starts with a slow paced practice and transitions to a more active Yin Yang Yoga

and dynamic flow. All levels welcome!

This program incorporates the best of stretch, strength, and stabilization training. Exercises are designed to develop Yoga*

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.

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.

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.

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.

A 45 minute pilates workout that combines traditional pilates movements with music, coaching, and focus on breath and

A suspension training workout that uses body weight resistance to improve strength, core stability, flexibility, and coordination. *Must sign up *Only 5 spots available