



# Thanksgiving Week Group Fitness

\*Reservations required for Spin and TRX only

	TIME	CLASS	INSTRUCTOR	LOCATION
	6:15 AM	Early Bird	Volunteer Led	Board Room
	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	<b>LES MILLS BODYPUMP</b>	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	Rachel	Group Fitness Studio
	10:00 AM	Chair Yoga	Erin	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	11:15 AM	Aqua Fit	Lillian	Everett-Milton Pool
	12:10 PM	Lunch Express	Rachel	Group Fitness Studio
	4:30 PM	30 Minute Spin	Kerwin	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	4:30 PM	Afternoon Express	Melanie	Group Fitness Studio
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
	5:30 PM	Kicking It With Leon	Leon	Group Fitness Studio
6:30 PM	Zumba	Jenny	Group Fitness Studio	
<b>Tuesday</b>	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	Erin	Group Fitness Studio
	9:00 AM	Silver Sneakers	Kay	Community Room
	9:15 AM	STRONG Nation®	Leon	Group Fitness Studio
	10:00 AM	Chair Yoga	Erin	Community Room
	10:00 AM	Zumba	Jenny	Group Fitness Studio
	11:15 AM	Aqua Fit	Lillian	Everett-Milton Pool
	11:00 AM	LaBlast fitness	Narvareaz	Group Fitness Studio
	12:10 PM	Spin	Deb	Spin Room
	12:15 PM	<b>TRX - Must sign up online!</b>	<b>Bri</b>	<b>Functional Fitness Room</b>
	4:30 PM	RIP	Melanie	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	
5:30 PM	Spin	Keri	Spin Room	
5:45 PM	Hip Hop Dance Cardio	Sabrina	Group Fitness Studio	
<b>Wednesday</b>	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00 AM	<b>LES MILLS BODYPUMP</b>	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	SilverSneakers	Jennifer	Community Room
	9:00 AM	Cardio Barre	Brandi	Group Fitness Studio
	9:00 AM	<b>LES MILLS PILATES</b>	Erin	Yoga & Pilates Studio
	10:00 AM	AIM	Susan	Group Fitness Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Simply Stretch	Meagan	Yoga & Pilates Studio
	11:00 AM	Aqua Fit	Ann	Everett-Milton Pool
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio
	12:10 PM	Lunch Express	Melanie	Group Fitness Studio
	4:30 PM	30 Minute Spin	Emmy	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	4:45 PM	Afternoon "Anything Goes!"	Bonita	Group Fitness Studio
5:30 PM	Kicking It With Leon	Leon	Group Fitness Studio	
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
6:30 AM	Hip Hop Dance Cardio	Sabrina	Group Fitness Studio	
<b>Thursday</b>	Happy Thanksgiving! Closed			
<b>Friday &amp; Saturday</b>	No Classes Child Watch Closed			

<b>AIM</b>	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
<b>Afternoon "Anything Goes!"</b>	Full body work out that changes week to week!
<b>Aqua Fit</b>	Challenge yourself with our joint-gentle aquatic workout in the shallow end. Complete conditioning does not have to be limited the land!
<b>BAM!</b>	30 mins of cardio drumming that will raise your heart rate while improving coordination and focus, as well as, core and arm strength!
<b>Cardio Barre</b>	An up-beat, high energy barre class that combines traditional, light weight barre exercises with non-stop fat burning metabolic movements
<b>Chair Yoga</b>	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.
<b>Core</b>	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.
<b>Country Line Dance / Country Fusion</b>	An aerobic fitness workout centered around Country Line Dance.
<b>Deep Fit</b>	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
<b>Early Bird</b>	Old style calisthenics and stretching
<b>Gentle Motion Tai Chi</b>	A gentle movement class adapting Tai Chi postures to improve balance, strength and flexibility
<b>Hip Hop Dance Cardio</b>	A fast paced dance aerobics class set to Hip Hop that is sure to get your heart pumping and your face smiling!
<b>HIIT</b>	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.
<b>LaBlast Fitness</b>	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!
<b>Lunch Express</b>	A 45 minute total body workout.
<b>Pilates</b>	A mind/body exercise that involves a series of controlled movements that target the core muscles, improve flexibility, balance, and posture.
<b>Rip / Kicking it with Leon</b>	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
<b>Rocket Yoga</b>	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! Guaranteed to be a challenging action packed sweaty yoga class.
<b>SilverSneakers</b>	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
<b>Silver Spin</b>	Beginner Spin targeting the Active Older Adult, but great for any level!
<b>Simply Stretch</b>	This class is designed to increase flexibility with the use of simple stretches, gentle yoga and balance
<b>Spin</b>	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors.
<b>STRONG Nation®</b>	Combines body weight, muscle conditioning, cardio, and plyometric training moves set to upbeat, fun music!
<b>Total Body Strength and Conditioning</b>	The ultimate full body workout for all fitness levels. Strength training combined with cardio to get your heart pumping and your muscles burning!
<b>Yin Yang Yoga</b>	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!
<b>Yoga*</b>	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.
<b>Zumba</b>	A dance based class, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.
<b>LES MILLS BODYPUMP</b>	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.
<b>LES MILLS BODYCOMBAT</b>	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!
<b>LES MILLS CORE</b>	A 30 minute scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.
<b>LES MILLS SHAPES</b>	A dynamic full-body, targeted workout that uses small, controlled movements and repetition to isolate muscles, sculpting all areas of the body. Suitable for all fitness levels.
<b>LES MILLS PILATES</b>	A 45 minute pilates workout that combines traditional pilates movements with music, coaching, and focus on breath and mobility.
<b>TRX</b>	A suspension training workout that uses body weight resistance to improve strength, core stability, flexibility, and coordination. *Must sign up *Only 5 spots available