



# November Group Fitness

Reservations required for Spin only

\*New Classes in Bold

updated 3/24/23

	TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>	5:30 AM	<b>LES MILLS BODYPUMP 30</b> <b>LES MILLS CORE 30</b>	Shannon	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	7:15 AM	Mat Pilates	Anna	Yoga & Pilates Studio
	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	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 Line Dance	Suzanna	Group Fitness Studio
	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
	1:10 PM	Yoga	Sissy	Yoga & Pilates Studio
	4:15 PM	Get 'Er Done! 30 Minute Spin	Rachel	Spin Room
4:30 PM	Afternoon Express	Abigail	Group Fitness Studio	
4:30 PM	Holy Yoga	Tracey	Yoga & Pilates Studio	
5:30 PM	Spin	Kerwin	Spin Room	
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
5:30 PM	Knock It Off	Shawn	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
	8:00 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:00 AM	CORE	Amber	Group Fitness Studio
	9:00 AM	Silver Sneakers	Kay	Community Room
	9:15 AM	STRONG Nation®	Sissy	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	<b>Gentle Motion Tai Chi</b>	<b>Carisa</b>	<b>Yoga &amp; Pilates Studio</b>
	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
	11:00 AM	<b>LaBlast</b>	<b>Narvareaz</b>	<b>Group Fitness Studio</b>
	11:30 AM	SilverSneakers	Rachel	Community Room
	12:10 PM	Spin	Keri	Spin Room
	1:15 PM	Yoga	Amber	Yoga & Pilates Studio
	4:30 PM	RIP	Holly	Group Fitness Studio
	5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool
5:15 PM	Deep Fit	Amanda	Everett-Milton Pool	
5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio	
5:30 PM	HIIT Spin (30 Minutes)	Melvin	Spin Room	
5:45 PM	Hip Hop Dance Cardio	Sabrina	Group Fitness Studio	
<b>Wednesday</b>	5:15 AM	Teacher's HIIT Spin	Melvin	Spin Room
	5:30 AM	<b>LES MILLS BODYPUMP 30</b> <b>LES MILLS CORE 30</b>	Shannon	Group Fitness Studio
	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	Power Flow	Erin	Yoga & Pilates Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	AIM	Carisa	Group Fitness Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	Aqua Fit	Ann	Everett-Milton Pool
	11:00 AM	Country Line Dance	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Keri	Group Fitness Studio
	1:15 PM	<b>Yoga</b>	<b>Amber</b>	<b>Yoga &amp; Pilates Studio</b>
	4:15 PM	Get 'Er Done! 30 Minute Spin	Rachel	Spin Room
	4:30 PM	Holy Yoga	Tracey	Yoga & Pilates Studio
4:30 PM	Afternoon Express	Abigail	Group Fitness Studio	
5:30 PM	Knock It Off	Shawn	Group Fitness Studio	
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
<b>Thursday</b>	5:15 AM	Pumped Up Strength	Melody	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:00 AM	Yoga Flow	Jill T.	Yoga & Pilates Studio
	8:00 AM	CORE	Erin	Group Fitness Studio
	9:00 AM	Silver Sneakers	Kay	Community Room
	9:00 AM	Yoga Flow and Restore	Katherine	Yoga & Pilates Studio
	9:00 AM	<b>LES MILLS BODYCOMBAT</b>	Erin	Group Fitness Studio
	9:15 AM	Silver Spin	Rachel	Spin Room
	10:00 AM	<b>Chair Yoga</b>	<b>Carisa</b>	<b>Community Room</b>
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
	11:00 AM	<b>Gentle Motion Tai Chi</b>	<b>Carisa</b>	<b>Yoga &amp; Pilates Studio</b>
	11:00 AM	Aqua Fit	Lillian	Everett-Milton Pool
	11:00 AM	<b>LaBlast</b>	<b>Narvareaz</b>	<b>Group Fitness Studio</b>
	11:30 AM	SilverSneakers	Rachel	Community Room
	12:10 PM	Spin	Keri	Spin Room
	1:15 PM	Restorative Yoga	Amber	Yoga & Pilates Studio
	4:30 PM	RIP	Holly	Group Fitness Studio
5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool	
5:15 PM	Deep Fit	Amanda	Everett-Milton Pool	

	5:30 PM	Rocket Yoga	Jessica	Yoga & Pilates Studio
	5:30 PM	<b>LES MILLS</b> <b>BODYCOMBAT</b>	Megan	Group Fitness Studio
	6:30 PM	Zumba	Jenny	Group Fitness Studio

<b>Friday</b>	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00 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
	9:00 AM	SilverSneakers	Jennifer	Community Room
	9:00 AM	<b>LES MILLS</b> <b>BODYPUMP</b>	Erin	Group Fitness Studio
	9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool
	10:00 AM	Total Body Strength & Conditioning	Rachel	Group Fitness Studio
	10:00 AM	Chair Yoga	Amber	Community Room
	11:00 AM	Simply Stretch	Rachel	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	
1:10 PM	Yoga	Joanne	Yoga & Pilates Studio	
<b>Sat.</b>	9:00 AM	Yin/Yang Yoga (75 minutes)	Christi	Yoga & Pilates Studio
	9:00 AM	Spin	Instructor Choice – Rotate	Spin Room

<b>AIM</b>	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
<b>Cardio Barre</b>	Strengthen your core while toning muscles at a high energy level with low impact to make your joints happy.
<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>Country Line Dance</b>	An aerobic fitness workout centered around Country Line Dance.
<b>Hip Hop Dance Cardio</b>	A fast pasted dance aerobics class set to Hip Hop that is sure to get your heart pumping and your face smiling!
<b>Early Bird</b>	Old style calisthenics and stretching
<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>HIIT / HIIT Spin</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>Kickboxing</b>	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
<b>Lunch / Afternoon Express</b>	A 45 minute total body workout.
<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>Mat Pilates</b>	Body weight exercises to increase core strength and build muscle without the use of machines. All you need is your mat!
<b>Pumped Up Strength</b>	A new approach to resistance training utilizing combination movement patterns for the upper and lower body
<b>Rip / Knock It Off</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>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 resistance. A chair is available if
<b>Silver Spin</b>	Beginner Spin targeting the Active Older Adult, but great for any level!
<b>Spin</b>	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors.
<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>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>Zumba</b>	A dance based class, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.
<b>Power Flow</b>	Not your traditional yoga! This faster pace class will challenge your strength, strengthen your core and improve balance and flexibility
<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>Simply Stretch</b>	This class is designed to increase flexibility with the use of simple stretches, gentle yoga and balance
<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>LES MILLS</b> <b>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</b> <b>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</b> <b>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>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!