



December Group Fitness

*Reservations required for Spin and TRX only

| | TIME | CLASS | INSTRUCTOR | LOCATION |
|------------------|-----------------------------|---|-----------------------|----------------------------------|
| Monday | 5:30 AM | LES MILLS BODYPUMP 30 LES MILLS CORE 30 | Shannon | Group Fitness Studio |
| | 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 | LES MILLS 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 | 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 FUSION | Suzanna | 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 | LES MILLS CORE | Amber | 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 | |
| Tuesday | 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 | 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 | Gentle Motion Tai Chi | Carisa | Yoga & Pilates Studio |
| | 11:15 AM | Aqua Fit | Lillian | Everett-Milton Pool |
| | 11:00 AM | LaBlast fitness | Narvareaz | Group Fitness Studio |
| | 11:30 AM | SilverSneakers | Rachel | Community Room |
| | 12:10 PM | Spin | Deb | Spin Room |
| | 12:15 PM | TRX - Must sign up online! | Bri | Functional Fitness Room |
| | 4:30 PM | RIP | Rotate | 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 | |
| Wednesday | 5:15 AM | 30 Minute Spin | Melvin | Spin Room |
| | 5:30 AM | LES MILLS BODYPUMP 30 LES MILLS CORE 30 | Shannon | Group Fitness Studio |
| | 6:15 AM | Early Bird | Volunteer Led | Board Room |
| | 8:00 AM | LES MILLS BODYPUMP | 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 | LES MILLS PILATES | 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 FUSION | Suzanna | Group Fitness Studio |
| | 12:10 PM | Lunch Express | Rachel | 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!" | Keri | 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 | |
| Thursday | 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 |
| | 9:00 AM | Yoga Flow and Restore | Katherine | Yoga & Pilates Studio |
| | 9:00 AM | LES MILLS BODYCOMBAT | Erin | Group Fitness Studio |
| | 9:15 AM | Silver Spin | Rachel | Spin Room |
| | 10:00 AM | Chair Yoga | Carisa | Community Room |
| | 10:00 AM | Zumba | Sissy | Group Fitness Studio |
| | 10:00 AM | Simply Stretch | Rachel | Yoga & Pilates Studio |
| | 11:00 AM | Gentle Motion Tai Chi | Carisa | Yoga & Pilates Studio |
| | 11:15 AM | Aqua Fit | Lillian | Everett-Milton Pool |
| | 11:00 AM | LaBlast Fitness | Narvareaz | Group Fitness Studio |
| | 11:30 AM | SilverSneakers | Rachel | Community Room |
| | 12:10 PM | Spin | Deb | Spin Room |
| | 12:15 PM | TRX - Must sign up online! | Bri | Functional Fitness Room |
| | 4:30 PM | RIP | Rotate | 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 | LES MILLS BODYCOMBAT | Megan | Group Fitness Studio | |
| 6:30 PM | Zumba | Jenny | Group Fitness Studio | |

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| Friday | 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 |
| | 9:00 AM | SilverSneakers | Jennifer | Community Room |
| | 9:00 AM | LES MILLS BODYPUMP | Erin | Group Fitness Studio |
| | 9:55 AM | Aqua Fit | Susan H. | Everett-Milton Pool |
| | 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 |
| | 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 |

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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. |
| 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 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! |
| 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. |
| Core | 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 |
| Gentle Motion Tai Chi | A gentle movement class adapting Tai Chi postures to improve balance, strength and flexibility |
| Hip Hop Dance Cardio | A fast paced 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! |
| 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! Guaranteed 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 |
| Spin | Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors. |
| STRONG Nation® | Combines body weight, muscle conditioning, cardio, and plyometric training moves set to upbeat, fun music! |
| 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! |
| Yin Yang Yoga | 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! |
| 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. |
| Zumba | A dance based class, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout. |
| LES MILLS 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. |
| LES MILLS 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! |
| LES MILLS 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. |
| LES MILLS Shapes | 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. |
| LES MILLS PILATES | A 45 minute pilates workout that combines traditional pilates movements with music, coaching, and focus on breath and mobility. |
| TRX | A suspension training workout that uses body weight resistance to improve strength, core stability, flexibility, and coordination. *Must sign up *Only 5 spots available |