

January Group Fitness

		*Reservations required for Spin and TRX only		
	TIME	CLASS	INSTRUCTOR	LOCATION
	5:30 AM		Shannon	Group Fitness Studio
y.	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:15 AM	НИТ	Megan	Group Fitness Studio
	8:15 AM 9:00 AM	Deep Fit SilverSpeakers	Lee Jennifer	Everett-Milton Pool
	9:00 AM	SilverSneakers Lesmills BODYPUMP	Erin	Community Room 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
qa	10:00 AM 11:00 AM	Chair Yoga BAM!	Sissy Sissy	Community Room Community Room
ž	11:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
Monday	11:00 AM	COUNTRY	Suzanna	Group Fitness Studio
2	11:00 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	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 5:15 AM	Zumba Cardio Barre	Jenny Brandi	Group Fitness Studio 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	Кау	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
YE	10:00 AM	Zumba	Sissy	Group Fitness Studio
q	10:00 AM	Simply Stretch	Rachel	Yoga & Pilates Studio
Tuesday	11:00 AM	Gentle Motion Tai Chi	Carisa	Yoga & Pilates Studio
n	11:00 AM 11:00 AM	Aqua Fit LaBlast fitness	Lillian Narvareaz	Everett-Milton Pool Group Fitness Studio
Ē	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	Jessica	Group Fitness Studio
	5:00 PM	Aqua Fit	Volunteer Led	Everett-Milton Pool
	5:30 PM 5:30 PM	Deep Fit Rocket Yoga	Amanda Jessica	Everett-Milton Pool Yoga & Pilates Studio
	5:45 PM	Hip Hop Dance Cardio	Sabrina	Group Fitness Studio
	5:30 AM		Shannon	Group Fitness Studio
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	6:15 AM	Early Bird	Volunteer Led	Board Room
	6:15 AM 8:00 AM	Early Bird	Volunteer Led Erin	Board Room Group Fitness Studio
	8:00 AM 8:15 AM 9:00 AM	Early Bird BODYPUMP Deep Fit SilverSneakers	Erin Lee Jennifer	Group Fitness Studio Everett-Milton Pool Community Room
	8:00 AM 8:15 AM 9:00 AM 9:00 AM	Early Bird Lesmuls BODYPUMP Deep Fit SilverSneakers Cardio Barre Lesmuls	Erin Lee Jennifer Brandi	Group Fitness Studio Everett-Milton Pool Community Room Group Fitness Studio
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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			
9:00 AM 9:00 AM 9:00 AM 9:55 AM 10:00 AM	SilverSneakers	Jennifer	Community Room			
O 9:00 AM	Lesmills BODYPUMP	Erin	Group Fitness Studio			
9:55 AM	Aqua Fit	Susan H.	Everett-Milton Pool			
10:00 AM	AIM Strength	Rachel				
	5		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			
9:00 AM	Yin/Yang Yoga (75 minutes)	Christi	Yoga & Pilates Studio			
Sat. 9:00 AM	Spin	Instructor Choice - Rota	te Spin Room			
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 we	eek to week!				
	, 5					
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 traditonal, 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 / Count 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 Gentle Motion Tai Chi	Old style calisthenics and stretching 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!					
нііт	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! 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 flexiblity 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 conditoning, 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 fo various yoga classes.					
Zumba	A dance based class, Zumba fuses	A dance based class, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.				
Lesmille 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.				
Lesmills 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!				
CORE	A 30 minute scientific core workow muscles that support your core.	A 30 minute scientific core workout that uses athletic training principles to build strength, stability and endurance in the				
Lesmille Shapes	A dynamic full-body, targeted wor	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.				
PILATES	A 45 minute pilates workout that o mobility.	A 45 minute pilates workout that combines traditonal pilates movements with music, coaching, and focus on breath and				
TRX	A suspension training workout tha coordination. *Must sign up *Only		improve strength, core stability, flexibility, and			