



GROUP FITNESS SCHEDULE

January 2020

January 6- 31

	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	5:30 AM	Morning Madness	Jill R.	Group Fitness Studio
	5:30 AM	Spin	Rachel	Spin Room
	6:15 AM	Early Bird	Volunteer Led	Gym
	8:00 AM	Revolution	Rachel	Group Fitness Studio
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Flow Yoga	Sissy	Yoga & Pilates Studio
	9:00 AM	Silver Sneakers	Jennifer	Butler-Mason
	10:00 AM	Chair Yoga	Sissy	Community Room
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	BAM	Sissy	Community Room
	11:00 AM	Country Line Fusion	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Kids Zumba	Jenny	Community Room
	4:30 PM	HIIT	Erin	Group Fitness Studio
	4:30 PM	Spin	Bonita	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Country Line Fusion	Suzanna	Group Fitness Studio
	5:30 PM	Spin	Holly	Spin Room
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
6:30 PM	Zumba Soul	Katherine	Group Fitness Studio	
6:30 PM	Spin	Rhonda	Spin Room	
Tuesday	5:30 AM	Piloxing Knockout	Melody	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	8:00 AM	Pilates	Deborah	Group Fitness Studio
	8:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	11:00 AM	Zumba Gold	Nancy	Group Fitness Studio
	11:30 AM	Silver Sneakers	Rachel	Community Room
	12:10 PM	Spin	Kim	Spin Room
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	R.I.P	Holly	Group Fitness Studio
	5:30 PM	Chair Yoga	Margina	Community Room
	5:30 PM	Zumba	Sabrina	Group Fitness Studio
	5:30 PM	Spin	Suzanna	Spin Room
	5:30 PM	All levels Yoga	Sissy	Yoga & Pilates Studio
6:30 PM	Knock It Off	Shawn	Group Fitness Studio	
6:30 PM	Spin	Sam	Spin Room	
6:30 PM	Flow Yoga	Margina	Yoga & Pilates Studio	
Wednesday	5:30 AM	Boga Fit	Jill T.	Butler-Mason Pool
	5:30 AM	Morning Madness	Jill R.	Group Fitness Studio
	5:30 AM	Power Flow Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Gym
	8:10 AM	Power Pump	Erin	Group Fitness Studio
	9:00 AM	Zumba	Megan	Group Fitness Studio
	9:00 AM	Silver Sneakers	Jennifer	Butler-Mason
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Rachel	Community Room
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	Country Line Fusion	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Strong	Sissy	Group Fitness Studio
	4:30 PM	Kids Zumba	Jenny	Community Room
	4:30 PM	Spin	Bonita	Spin Room
4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio	
5:30 PM	Power Pump	Jill T.	Group Fitness Studio	
5:30 PM	Spin	Holly	Spin Room	
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
Thursday	5:30 AM	Piloxing Knockout	Melody	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	8:00 AM	Pilates	Deborah	Group Fitness Studio
	8:30 AM	Flow Yoga	Joanne	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	11:00 AM	Zumba Gold	Nancy	Group Fitness Studio
	11:30 AM	Silver Sneakers	Rachel	Community Room
	12:10 PM	Spin	Kim	Spin Room
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio

*schedule continued on the back

	4:30 PM	R.I.P	Holly	Group Fitness Studio
	5:30 PM	Chair Yoga	Margina	Community Room
	5:30 PM	Zumba	Sabrina	Group Fitness Studio
	5:30 PM	Spin	Suzanna	Spin Room
	5:30 PM	Yoga	Amanda	Yoga & Pilates Studio
	6:30 PM	Knock It Off	Shawn	Group Fitness Studio
	6:30 PM	Spin	Sam	Spin Room
Friday	6:30 PM	Flow Yoga	Margina	Yoga & Pilates Studio
	5:30 AM	Boga Fit	Jill T.	Butler-Mason Pool
	5:30 AM	Pilates	Lauren	Group Fitness Studio
	5:30 AM	Spin	Jill R.	Spin Room
	5:30 AM	Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Gym
	8:00 AM	Revolution	Rachel	Group Fitness Studio
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Silver Sneakers	Beth	Butler-Mason
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Rachel	Community Room
	10:00 AM	AIM	Susan	Group Fitness Studio
	11:00 AM	Zumba Soul	Katherine	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Power Muscle	Megan A.	Group Fitness Studio
5:30 PM	Spin	Rhonda	Spin Room	
Sat.	8:30 AM	Yoga	TBA	Yoga & Pilates Studio
	9:00 AM	Spin	TBA	Spin Room
	10:00 AM	Instructor choice	TBA	Group Fitness Studio
	12:15 PM	In His Steps	Jill W	Group Fitness Studio

AIM	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
BAM	Beats And Motion! Using rhythm as the source of inspiration to discover a new group fitness experience BAM combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.
Body Blast	This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!
Boga Fit	A fitness regimen that combines the best aspects of key proven core movements from yoga and boot camp.
Country Line Fusion	An aerobic fitness workout centered around Country Line Dance while infusing various other dances including Salsa, Cha-Cha, Belly Dance, Hip Hop, Samba, Merengue, Swing and more.
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.
In His Steps	A basic step class set to faith based music, sure to get your heart pumping and your soul soaring!
Kickboxing	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
Knock It Off	Conditioning based boxing including calisthenics, plyos, rope work, weights, shadowboxing and core work. Total body workout!
Morning Madness	This circuit style class is guaranteed to wake you up!
Pilates	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.
Piloxing Knockout	30-minute workout influenced by plyometrics, sports conditioning drills and functional training. Increase your fitness level, boost your confidence and strength, break boundaries and gain results.
Power Muscle	Work every major muscle group in the body. Strengthens, conditions, tones, and defines!
Power Pump	A workout that challenges all the major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great for any fitness level!
Silver Sneakers	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 needed for seated or standing support.
Strong	Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.
Revolution	Revolution's purpose is to maximize your fitness potential so you'll get dramatic results at a faster pace. This class offers an entire cardio circuit with a focus on your core. Each workout is comprised of different exercises so you never get bored and always progress!
R.I.P.	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
Spin	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors.
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
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. The postures are chosen to protect joints, strengthen balance and increase range of movement.
Zumba	One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.
Zumba Soul	Get in touch with your inner joy with zumba soul! Shake it up in a traditional zumba class with the added aspect of exploring your inner being and finding joy through movement!
Zumba Gold	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.