



# GROUP FITNESS SCHEDULE

## July 2020

\*Begins July 6

	TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>	6:00 AM	Morning Madness	Jill R.	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Silver Sneakers	Jennifer	Butler-Mason
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	Country Line Dance	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Spin	Bonita	Group Fitness Studio
	5:30 PM	Rip and Ride	Holly	Group Fitness Studio
	5:30 PM	Yoga	Margina	Yoga & Pilates Studio
<b>Tuesday</b>	6:00 AM	Spin	Lauren	Group Fitness Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Boga Fit	Jill T.	Butler-Mason
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	11:00 AM	Gold	Nancy	Group Fitness Studio
	12:10 PM	Spin	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	Spin	Suzanna	Group Fitness Studio
5:30 PM	Zumba	Sabrina	Group Fitness Studio	
<b>Wednesday</b>	6:00 AM	Morning Madness	Jill R.	Group Fitness Studio
	6:00 AM	Power Flow Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	8:00AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Dance Fitness	Megan	Group Fitness Studio
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	Country Line Dance	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Spin	Bonita	Group Fitness Studio
5:30 PM	Rip and Ride	Holly	Group Fitness Studio	
5:30 PM	Yoga	Margina	Yoga & Pilates Studio	
<b>Thursday</b>	6:00 AM	Spin	Lauren	Group Fitness Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Boga Fit	Jill T	Butler-Mason
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	11:00 AM	Gold	Nancy	Group Fitness Studio
	12:10 PM	Spin	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	Spin	Suzanna	Group Fitness Studio
	5:30 PM	Zumba	Sabrina	Group Fitness Studio
	5:30 PM	Yoga	Amanda	Yoga & Pilates Studio
<b>Friday</b>	6:00 AM	Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Board Room
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	10:00 AM	AIM	Susan	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	Group Fitness Studio	
<b>Sat.</b>	8:15 AM	Yoga	TBA	Yoga & Pilates Studio
	9:30 AM	Spin	TBA	Group Fitness Studio

**RESERVATIONS STILL REQUIRED TO JOIN CLASSES**  
(exceptions: aquatics classes, chair yoga, & SilverSneakers)

**CHILD WATCH OPENS BACK UP JULY 6th**  
(now located downstairs)

**FREE TO MEMBERS**  
**WORKOUTS ONLY**

**MONDAY - FRIDAY**  
**8:30 AM - 12 PM**

<b>BAM</b>	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.
<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 Express</b>	A 30 minute total body workout.
<b>Country Line Fusion</b>	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.
<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>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>Knock It Off</b>	Conditioning based boxing including calisthenics, plyos, rope work, weights, shadowboxing and core work. Total body workout!
<b>Morning Madness</b>	This circuit style class is guaranteed to wake you up!
<b>Pilates</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>Piloxing Knockout</b>	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.
<b>Revolution</b>	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!
<b>R.I.P.</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>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>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. The postures are chosen to protect joints, strengthen balance and increase range of movement.
<b>Zumba</b>	One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.
<b>Zumba Gold</b>	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.