






# Thanksgiving Week

Reservations required for Spin only

\*New Classes in Bold

updated 6/28/22

|                  | TIME   | CLASS  | INSTRUCTOR           | LOCATION              |
|------------------|--|--|----------------------|-----------------------|
| <b>Monday</b>    | 5:30 AM  | Morning Madness  | Holly                | Group Fitness Studio  |
|                  | 6:15 AM  | Early Bird   | Volunteer Led        | Board Room            |
|                  | 8:15 AM  | HIIT   | Erin                 | 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   | Jill T.              | Yoga & Pilates Studio |
|                  | 9:55 AM  | Aqua Fit   | Susan H.             | Butler-Mason 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   | 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 |
|                  | 5:30 PM  | Spin   | Holly                | 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  | CORE   | Erin                 | Group Fitness Studio  |
|                  | 9:15 AM  | STRONG Nation®   | Sissy                | Group Fitness Studio  |
|                  | 9:00 AM  | Yoga   | Jill T.              | Yoga & Pilates Studio |
|                  | 10:00 AM   | Chair Yoga   | Lucretia             | Community Room        |
|                  | 10:00 AM   | Zumba  | Sissy                | Group Fitness Studio  |
|                  | 11:00 AM   | Dance Cardio Soul  | Narvareaz            | Group Fitness Studio  |
|                  | 11:00 AM   | Aqua Fit   | Lillian              | Everett-Milton Pool   |
|                  | 11:30 AM   | SilverSneakers   | Rachel               | Community Room        |
|                  | 12:10 PM   | Spin   | Keri                 | Spin Room             |
|                  | 12:10 PM   | <b>LES MILLS BODYPUMP</b>  | Jill T.              | Group Fitness Studio  |
|                  | 1:15 PM  | Yoga   | Lucretia             | 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          | Spin   | Emma   | Spin Room            |                       |
| <b>Wednesday</b> | 5:30 AM  | Morning Madness  | Holly                | 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  | Spin   | Deb                  | Spin Room             |
|                  | 9:00 AM  | Cardio Barre   | Brandi               | Group Fitness Studio  |
|                  | 9:55 AM  | Aqua Fit   | Susan H.             | Everett-Milton Pool   |
|                  | 10:00 AM   | Chair Yoga   | Lucretia             | Community Room        |
|                  | 11:00 AM   | Aqua Fit   | Lillian              | Everett-Milton Pool   |
|                  | 11:00 AM   | Country Line Dance   | Suzanna              | Group Fitness Studio  |
|                  | 12:10 PM   | Lunch Express  | Keri                 | Group Fitness Studio  |
|                  | 4:30 PM  | Afternoon Express  | Bonita               | Group Fitness Studio  |
|                  | 5:30 PM  | Knock It Off   | Shawn                | Group Fitness Studio  |
| <b>Thursday</b>  |  <h2 style="margin: 0;">Happy Thanksgiving!</h2> <h2 style="margin: 0;">Closed</h2>  |  |                      |                       |
| <b>Friday</b>    | 6:15 AM  | Early Bird   | Volunteer Led        | Board Room            |
|                  | 8:15 AM  | <b>Super Class - Cardio, Strength and Stretch! 8:15-9:45</b>   | Rachel               | Group Fitness Studio  |
|                  | 8:15 AM  | Deep Fit   | Lee                  | Everett-Milton Pool   |
|                  | 9:55 AM  | Aqua Fit   | Susan H.             | Butler-Mason Pool     |
|                  | 10:00 AM   | Chair Yoga   | Rachel               | Community Room        |
|                  | 11:00 AM   | Simply Stretch   | Rachel               | Yoga & Pilates Studio |
| 11:00 AM         | Aqua Fit   | Lillian  | Everett-Milton Pool  |                       |
| <b>Sat.</b>      | 8:00 AM  | Holy Yoga  | Tracey               | Yoga & Pilates Studio |
|                  | 9:00 AM  | Spin   | Melvin               | 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>Zumba Soul</b>                | Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.  |
| <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>Lunch / Evening Express</b>   | A 45 minute total body workout.   |
| <b>Morning Madness</b>           | This circuit style class is guaranteed to wake you up!  |
| <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>Power Muscle</b>              | Work every major muscle group in the body. Strengthens, conditions, tones, and defines!   |
| <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                      |
| <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.<br>*see separate yoga schedule for more detailed yoga descriptions for various yoga classes |
| <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>Happy Hour Barre</b>          | 30 min hybrid workout class - combining ballet-inspired moves with elements of Pilates, yoga, and strength training   |
| <b>Simply Stretch</b>            | This class is designed to increase flexibility with the use of simple stretches, gentle yoga and balance  |
| <b>Lets Move! and Stretch</b>    | Skills and Drills to avoid a Spill! Work on coordination, special awareness and basic movements that are part of daily living followed up by gentle stretching  |
| <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<br/>BODY PUMP</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<br/>BODY COMBAT</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>STRONG Nation®</b>            | Combines body weight, muscle conditioning, cardio, and plyometric training moves set to upbeat, fun music!  |