



# GROUP FITNESS SCHEDULE

## August 2019

\*Aug 5-31

	TIME	CLASS	INSTRUCTOR	LOCATION
<b>Monday</b>	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
	8:10 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	Billy	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
	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	Kickboxing	Sabrina	Group Fitness Studio
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Power Muscle	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	
<b>Tuesday</b>	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
	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	Spin	Sam	Spin Room
6:30 PM	Flow Yoga	Margina	Yoga & Pilates Studio	
<b>Wednesday</b>	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
	8:00 AM	Power Muscle	Suzanna	Group Fitness Studio
	9:00 AM	Zumba	Megan	Group Fitness Studio
	9:00 AM	Silver Sneakers	Billy	Butler-Mason
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	Use It or Lose It!	Billy	Community Room
	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	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Circuit	Megan A.	Group Fitness Studio
	5:30 PM	Spin	Holly	Spin Room
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
<b>Thursday</b>	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
	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
	4:00 PM	Kids Yoga (ages 4-11)	Katherine	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

\*schedule continued on the back

	5:30 PM	High Flow Yoga	Katherine	Yoga & Pilates Studio
	6:30 PM	Spin	Sam	Spin Room
	6:30 PM	Flow Yoga	Margina	Yoga & Pilates Studio
<b>Friday</b>	5:30 AM	Boga Fit	Jill T.	Butler-Mason Pool
	5:30 AM	Pilates	Lauren	Group Fitness Studio
	5:30 AM	Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Gym
	6:20 AM	O.F.C.	Holly	Gym Alley
	8:10 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	Ageless Grace	Leigh	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	
<b>Sat.</b>	8:30 AM	Yoga	TBA	Yoga & Pilates Studio
	9:00 AM	Spin	TBA	Spin Room
	10:00 AM	Instructor choice	TBA	Group Fitness Studio

<b>Ageless Grace</b>	Ageless Grace is a cutting edge brain fitness program done in a chair- for ages 3-103! It stimulates all five functions of the brain, just like playing games with your brain.
<b>AIM</b>	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
<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>Body Blast</b>	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!
<b>Boot Camp</b>	An intense work-out program. Maximize your strength, amplify your power, increase your speed, and improve your agility.
<b>Boga Fit</b>	A fitness regimen that combines the best aspects of key proven core movements from yoga and boot camp.
<b>Morning Madness</b>	This circuit style class is guaranteed to wake you up!
<b>O.F.C.</b>	Outdoor Fitness Class - a boot camp style class full of dynamic fun and challenging moves will be sure to give you a killer workout!
<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>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>Power Muscle</b>	Work every major muscle group in the body. Strengthens, conditions, tones, and defines!
<b>Pump</b>	A workout that challenges all the major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great
<b>Silver Sneakers</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 available if needed for seated or standing support.
<b>Strong</b>	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.
<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>Use it or Lose It!</b>	This class is created to help individuals maintain or gain functional strength and balance for every day life by incorporating specific modalities in a friendly and supportive group environment.
<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 Soul</b>	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!
<b>Zumba Gold</b>	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.