

August 2015 Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Indoor Cycle Sarah	Pilates Monica	Indoor Cycle Jeanine	Power Tone Sarah	Indoor Cycle Sarah	
6:30 AM		Latin Dance Chris	Indoor Cycle Jeanine	Cardio Fitness Chris	Indoor Cycle Jeanine	Cardio Fitness Chris	
7:30 AM		Gold Tone Diana	Cardio & Ball Jeanine	Gold Yoga Jen	Cardio & Tone Jeanine	Gold Tone Jeanine	Core Galore *Additional Cost* Mylene
8:30 AM	Cardio & Tone Karen/Eileen	Balance Body Flo Chris	Interval Class Mollie	Just Weights Mollie	Kickboxing Mollie	Core & Strength Mollie	Medicine Ball Circuit Stefan
9:30 AM	Aqua Jeanine/Eileen	Kickboxing Mollie	Power Tone Sarah	Indoor Cycle Mollie	Aqua Bonnie	Indoor Cycle Mollie	Aqua Casey
		Aqua Bonnie	Aqua Mollie	Aqua Karen		Aqua Casey	Zumba Katia
10:30 AM	Yoga Jen	Total Body Stretch Eileen	Core & Stretch Sarah				Yoga Katie
10:45 AM				Gentle Kripalu Yoga Brigitte	Yoga Jen		
5:00 PM		Upper Body Express *30 Minute Class* Stefan	Line Dancing Karen	Lower Body Express *30 Minute Class* Stefan	Indoor Cycle Karen		
5:30 PM		Athlete Flo and Stretch Jen		Core Express *30 Minute Class* Stefan			
6:00 PM				Moderate Kripalu Yoga Brigitte	Little Black Dress Karen		
6:30 PM		Core Galore *Additional Cost* Mylene					

CLASS DESCRIPTIONS:

AQUA: Not just aerobics in the water! Utilize 12-15% more resistance than exercising on land. Consistently work opposing muscle groups for a full class.

ATHLETE FLO AND STRETCH: This effective class integrates movement, strength and breath work to help athletes excel, no matter their sport or ability level. A faster paced FLOWING routine with specific Yoga poses; this class is designed for athletes and those of us whose flexibility may be challenged, but it is challenging enough even for the most flexible among us to reap its benefits. And it's not just for athletes, it reaches the athlete in all of us by improving balance, flexibility, power and stamina which can result in improved performance, injury reduction and faster recovery for everyone and athletes of all levels. Plain and simple, set to mellow modern tunes, it's good for you and your body!

BALANCE BODY FLO: A workout that builds balance, flexibility and strength thru various equipment, Yoga, Pilates and cardio movements.

CARDIO FITNESS: Step, interval, weights and mat work. Up beat focus on cardio.

CARDIO AND BALL: Calorie, fat burning cardio! Get ready to have a ball with this fun cardio session that mixes things up with the use of a stability ball during the workout.

CARDIO AND TONE: A fat burning cardio workout while toning your torso muscles. This class will increase your cardiovascular and muscular endurance through the use of weights and steps.

CORE GALORE®: CORE GALORE® is a Pilates based body conditioning system geared at challenging participants' overall proprioceptive reflexes, flexibility and core stability, from the deconditioned participant up to the elite athlete. CORE GALORE® incorporates the Pilates Method's principles of length, alignment, control, precision, fluidity of movement and breath.

CORE AND STABILITY: Pilates based body conditioning system geared at challenging participant's overall core strength and stability, reflexes, and overall flexibility, from the moderately fit, up to the elite athlete. Pilates inspired, fun infused, and result oriented.

CORE AND STRETCH: Improve your core strength while increasing flexibility.

EXPRESS CLASSES: A 25-minute class designed to work specific muscle groups to improve strength and muscle endurance. Class intensity will be tailored for the participants involved. Primarily higher intensity. There is Lower Body, Upper Body and Core Express classes offered.

GOLD TONE: Cardio, Toning, Abs, and Stretch. This class is like discovering gold for the perfect body.

GOLD YOGA: This yoga class is for seniors/beginners. Expect mindful and detailed instructions on how to place and use your body in each pose.

INDOOR CYCLE: One Hour of interval training on indoor bikes. In Cycling Room.

INTERVAL CLASS: Want to add a twist to your standard cardio workout? When you switch between low and high-intensity movements you can improve your body's fat-burning ability.

JUST WEIGHTS: Resistance training that focuses on all major muscle groups using different weight intensity. Rev up your metabolism.

KICKBOXING: Total cardio! Kickboxing is the "hidden abs" workout. Simple moves utilize major muscle groups with consistent core work.

LINE DANCE: Learn basic line dance steps set to music. Great low impact cardio. No partner necessary.

LITTLE BLACK DRESS: Complete body toning, cardio intervals all to help you fit in your little black dress.

MEDICINE BALL CIRQUIT: A high intensity form of circuit training that will improve power and cardio through the use of medicine balls. Exercises will be complex and target your entire body for a full workout.

PILATES: A unique system of stretching & strengthening exercises developed over 90 years ago by Joseph H. Pilates. Strengthen and tone muscles while improving posture. Class provides flexibility and balance, and unites body & mind.

POWER TONE: Instructors rotate so each class is different. Some cardio, mostly weights and toning. All integrate Interval Training and Boot Camp style

TOTAL BODY STRETCH: Flexibility Exercises for the entire body.

GENTLE KRIPALU YOGA: Students of all ability levels and body types are welcome! Yoga of Compassion. More than making you flexible and strong. A unique way to integrate body, mind and spirit through opening to the wisdom of your body. Class is for the beginning and continuing Yoga student.

MODERATE KRIPALU YOGA: Join us for a 75 minute long class as the instructor takes you through several different postures. The intention of Kripalu Yoga is to cultivate an internal meditative experience while stretching and recharging the body. This class is not intended for beginners.

ZUMBA/LATIN DANCE: A Latin inspired dance fitness class that incorporates Latin & International music and dance movements. You'll burn lots of calories in this cardio class!