

November 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 Blast Chris	Indoor Cycle Jeanine	Cardio Blast 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	Zumba Katia
9:30 AM	Yoga Jen Aqua Karen/Eileen	Kickboxing Mollie Aqua Bonnie	Power Tone Sarah Aqua Mollie	Indoor Cycle Mollie Aqua Karen Zumba Jeanine	Boot Camp Lara Aqua Bonnie	Indoor Cycle Mollie Aqua Casey Zumba Jeanine	Aqua Casey Yoga *Additional Cost* Kathy
10:30 AM	Yoga *Additional Cost* Kathy	Total Body Stretch Eileen Aqua Yoga Violet	Core & Stretch Sarah	Gentle Kripalu Yoga Brigitte	Yoga Jen	Tai Chi Violet	
11:00 AM							Yoga Katie
11:30 AM						Chi Kung Violet	
1:30 PM				Tai Chi Violet			
2:30 PM				Chi Kung Violet			
5:00 PM			Line Dancing Karen	Total Body Tabata Violet	Indoor Cycle Karen Pilates Natalie		
5:30 PM		Athlete Flo and Stretch Jen					
6:00 PM			Power Yoga Katie	Cabaret Dance Fitness Monica	Little Black Dress Karen		
6:30 PM		Core Galore *Additional Cost* Mylene					

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.

AQUA YOGA: It is a tremendous benefit to practice Yoga in the water - increasing flexibility, range of motion and strength. The water buoyancy is more comfortable than on land; much easier for joint, knee and hip exercise. Water resistance will slow the movement down, which is perfect for Yoga, as example: Tree Pose, Eagle Pose, 1 Leg Stand

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.

CABARET DANCE FITNESS: A fun dynamic exotic class that includes dance inspired movements from yoga, pilates, ballet, and bodyweight moves culminating to a cabaret routine that is fun and easy to learn.

CARDIO BLAST: Experience this FUN cardio workout of Low impact aerobics that will boost your energy level, burn calories, reduce stress, and get you in shape! This workout develops functional coordination, cardio vascular endurance, strength, flexibility, balance and much more. Strength and stretching always included. Come have a Blast - Get out of that rut!!

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.

CHI KUNG: Chi kung means energy and breath, efficiently flowing through the entire body. Chi Kung practice will awaken the flow of chi that channels life energy into the body for detoxifying, cleansing, healing, and strengthening the internal organs. Use your mind to lead the chi (dynamic energy) to enhance your life force and increase inner strength.

CORE GALORE®: 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. Pilates inspired, fun infused, and delivers results!

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

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.

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

POWER YOGA: A vigorous yoga class in which the movements are linked to the breath, either inhaling or exhaling, sometimes holding poses longer and other times moving faster.

THAI CHI (Yang Form): flowing movement for balance and strength.

TOTAL BODAY TABATA: A practical and effective interval training for any fitness level. A series of workout the objective is to give it all you got on the 20 seconds and follow by 10 second rest. Easy to follow and a great workout.

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.

ZUMBA/LATIN DANCE: A Latin inspired dance fitness class that incorporates Latin & International music and dance movements.