

drop-in fitness class schedule

For Fitness Plan Members

Effective January 23, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>7:00-8:00 a.m.</u> PiYo Strength Room 2 Patty	<u>7:00-8:00 a.m.</u> Weekly Combo Room 2 Mary C	<u>9:00-10:00 a.m.</u> Cardioboxing Room 2 Kendrick	<u>7:00-8:00 a.m.</u> Gentle Hatha Yoga Room 2 Mary C	<u>9:00-10:00 a.m.</u> S.W.E.A.T. Room 3 Myriam	<u>8:30-9:30 a.m.</u> Kundalini Yoga Room 3 John
	<u>9:00-10:00 a.m.</u> Fusion Room 3 Mary	<u>7:30-8:30 a.m.</u> TRX Gym Sarah	<u>12:15-1:00 p.m.</u> Power Yoga Room 3 Chris	<u>9:00-10:00 a.m.</u> Total Body Tabata Room 2 Myriam	<u>1:30-2:30 p.m.</u> All Levels Yoga Room 2 Ana	<u>8:30-9:30 a.m.</u> Raise the Barre Room 2 Jess
	<u>12:15-1:00 p.m.</u> Power Yoga Room 3 Chris	<u>9:00-10:00 a.m.</u> Nucleus Room 2 Cyndi	<u>5:30-6:30 p.m.</u> Action Packed Abs Room 2 Jacki	<u>4:30-5:30 p.m.</u> Forever Fit Room 2 Sarah	<u>5:30-6:30 p.m.</u> PiYo Strength Room 2 Patty	<u>9:40-10:40 a.m.</u> Just Dance Room 2 Jess
	<u>5:30-6:30 p.m.</u> Stir it Up Room 2 Anthony	<u>5:30-6:30 p.m.</u> Athletic Yoga Room 3 Mary C	<u>6:30-7:30 p.m.</u> Hooping Room 1 Sarah	<u>5:30-6:30 p.m.</u> Flow Yoga Room 3 Mary C		<u>9:40-10:40 a.m.</u> Alternating Weeks: Weekend Warrior And Pure Power Room 3 Jacki/Dayannara
	<u>6:30-7:30 p.m.</u> Zumba Room 2 Kelly	<u>5:30-6:30 p.m.</u> Boxing Conditioning (Open to youth) Room 1	<u>7:00-8:00 p.m.</u> Capoeira Room 2 Ruben	<u>6:00-7:00 p.m.</u> TRX Gym Sarah		
		<u>6:30-7:30 p.m.</u> Kettlebells Room 2 Jacki		<u>6:30-7:30 p.m.</u> Zumba Room 2 Rebecca		

See reverse side for class descriptions. Note: All classes on this schedule are open to individuals 16 years and older unless otherwise noted.

Fitness

Action Packed Abs: Reach new peaks and overcome plateaus in this fun, yet challenging cardio and core boot camp. The class will utilize your entire body for high intensity training for both muscular strength and endurance. You will also learn how to properly engage your core and teach your body how to work to its full potential.

Raise the Barre: Energize and engage your entire body in this class designed to sculpt from head to toe. Use the ballet barre and light weights to improve muscle tone and physique.

Boxing Conditioning: A mixed ages(ages 8+), high intensity workout combining strength training and cardio to help develop endurance, speed, flexibility, coordination and balance. Students will learn no-hit boxing techniques such as jabs, hooks and uppercuts. This class improves focus and self-discipline. Ages 13+.

Cardioboxing: An energizing workout combining basic and shadow boxing techniques. This class incorporates strength and conditioning circuits – A great way to lose weight!

Capoeira: The Brazilian Martial Art known as Capoeira is a beautiful and graceful art form that fuses dance, martial arts, and acrobatics. Capoeira has _____s which include improvements in balance, coordination, strength, and flexibility. You'll learn the moves, the music, and the wonderful culture that Capoeira brings. Everyone is welcome whether you're completely new or have some experience in other martial arts, dances, or acrobatics.

Forever Fit: A fun and energizing class for members 55 and older. Members with disabilities are welcome too. This class includes a variety of low-impact exercises, chair exercises, use of dumbbells, stretch bands, stability balls, etc. This class was designed to improve coordination, balance, flexibility, strength, and mobility. No prior exercise experience is needed.

Hoopng: Beginner/intermediate, low impact, aerobic style class. A full body workout using a weighted hula hoop to build coordination, balance, strength, flexibility, and tone.

Just Dance: A brand new workout, set to current music, sure to get your heart rate pumping, and your energy sky high. Don't worry about technique or dance ability, our focus is simply moving to the music. Join us for fitness and fun!

Kettlebell: An excellent, all-around workout focusing on kettlebell and body weight movements in a circuit training environment. Improve your strength, flexibility, and cardiovascular endurance. Kick your fitness up a notch with this highly effective method.

Nucleus: This class targets glutes, obliques and back – all parts of your core. This class combines resistance training, dynamic and isolative movements, stability and strength training in new combinations each week.

PiYo Strength: PiYo is a unique class designed to build strength, increase balance and flexibility, and improve cardiovascular endurance all at once. This boot camp style class uses yoga and Pilates moves to create an intense overall workout.

Pure Power: An intense boot camp style class integrating cross-training workouts to inspire motivation through community and growth through personal will. Cross-training workouts are simple, using basic equipment or no equipment at all. Workouts are challenging, but designed for all fitness levels. Prepare to sweat and push yourself to the next level!

Stir it Up: Get your heart rate pumping with a new total body workout each week. This class is perfect to get you sweating, keep you motivated, and challenge your body with a new set of exercises each week.

S.W.E.A.T.: Strength, Weights, Endurance and Aerobic Training. Improve endurance, stamina, body strength and flexibility. Join us for this fun and unique boot camp style class, and push yourself to the next level!

Total Body Tabata: Test your limits and reshape your exercise routine with this proven training method. Start out with Tabata stations, then finish off with a strict balance and core challenge for a solid body.

TRX Suspension Training: An innovative and exciting workout that uses ropes and webbing, allowing participants to work against their own body weight. This is a custom workout, good for all experience levels. In this class you will learn to have more control over your body and develop better balance, strength, flexibility, and core stability.

Weekend Warrior: Start your weekend off right with this challenging and fun fitness class. We will focus on interval circuit training, moving from one exercise to the next with little to no break in between. The class will use body-weight movements, dumbbells, and cardio to bring out your weekend warrior.

Weekly Combo: Upbeat class which includes weight training, step aerobics, intervals, etc. Ideal for those who love a challenge!

Zumba: A workout that mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, calypso, and salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms.

Yoga

All Levels Yoga: This class was designed for both the beginner and experienced student, who prefer a class at a relaxed pace. In this class you will use postures and conscious breathing in combination with mental focus to develop awareness through proper alignment and mindfulness of the body.

Athletic Yoga: Develop yourself inside and out in this sweat-inducing class! Perfect for teaching the mind and body to work together. Improve your circulation, flexibility, and overall strength to the core!

Gentle Hatha Yoga: This class uses postures (asanas) and stretches in combination with restful, calming, and gentle movements. This is a perfect beginning yoga class that is also appropriate for those with injuries or limited mobility, or those who prefer a softer, gentler approach to yoga.

Kundalini Yoga: A must try class! This class brings balance to the body, mind and soul, by harnessing mental, physical and nervous energies of the body. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks and postures to balance the glandular system, strengthening the nervous system, expanding lung capacity and purifying the blood.

Power Yoga: Think you're too tough for Yoga? Think you won't get a real workout? Well, we've got something for you...be prepared to sweat and conquer boundaries! Designed to build strength and sustain focus. Venture into yourself and get ready to see your body change. Not for beginners.