



GROUP CLASS SCHEDULE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:45 STUDIO A BRENDA CARDIOSCULPT		8:45-9:45 STUDIO A BRENDA CARDIOSCULPT		8:45-9:45 STUDIO A 
10:00-10:50 STUDIO B BRENDA 	10:00-10:50 STUDIO B ELAINE 	10:00-10:50 STUDIO B BRENDA 	10:00-10:50 STUDIO B ELAINE 	10:00-10:50 STUDIO B BILL 
	11:00-11:50 STUDIO B ELAINE 		11:00-11:50 STUDIO B ELAINE 	
		11:15-12:15 STUDIO B 		11:15-12:15 STUDIO B 
	1:30-2:30 STUDIO A KATHIE 		1:30-2:30 STUDIO A KATHIE 	
			5:00-6:00 STUDIO A MARCY 	

Group Exercise on Demand

Join the early risers for an energetic start of the day utilizing DVD group exercise programs incorporating cardiovascular and resistance training.

HOURS OF OPERATION

MONDAY, WEDNESDAY 6:30-8:00

TUESDAY, THURSDAY 7:00-8:00

Silver Sneakers Classic—Multi Level

A total body conditioning class for senior adults designed to increase muscle strength, range of movement and functional skills for activities of daily living.

FRIDAY 6:30-6:30

SATURDAY 8:00-1:00

Silver Sneakers Circuit—Multi Level

Experience standing positions for low-impact cardiovascular training alternated with upper-body muscular strength and toning segments.

Cardio-Sculpt—Multi Level

A format designed for the active adult combining low-impact cardio movements followed by strength training using handheld weights.

Chair Yoga—All Levels

Class design focuses on poses and postures to improve range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support.

Hatha Yoga—All Levels

The practice of Hatha yoga focuses on total mastery of the physical body, including all bodily functions.

It also emphasizes activating the chakras in order to stimulate *kundalini* and promote spiritual and physical wellness, including disease elimination.

Zumba—All Levels

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.

Ballet—Ages 8 to 13

A classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement.