








GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45-7:30am Morning Burn-Erika	6:45-7:30am Stretch Express-Erika	6:45-7:30am Morning Burn-Erika	6:45-7:30am Morning Burn-Erika	6:45-7:30am Circuit Express- Erika
8:30-9:30am Cardio Mix-Noeline	 8:00-8:45am Chair Yoga– Heather	8:30-9:30am Cardio Mix-Noeline	 9:00-9:45am Stretch Express– Erika	8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline	9:00-9:45am Cardio Mix-Melody	9:45-10:30am Silver Sneakers Circuit-Noeline	10:00-10:45am Zumba Gold– Sue	9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Advanced Tai Chi-Lance	10:00-10:45am Silver Sneakers Classic-Melody	10:45-11:30am Advanced Tai Chi-Lance	11:00-11:45am Dance Cardio– Melody	 10:45-11:30am Stretch/Balance-Erika
12:00-1:00pm Arm Attack-Noeline	 11:00-11:45am Sit and Be Fit-Erika	12:00-1:00pm Below the Belt– Noeline	3:00-4:00pm Multi-level Yoga-Heather *no class 12/19*	12:00-1:00pm Interval Express– Noeline
 1:30-2:15pm Chair Fitness-Noeline	 2:00-2:45pm Mindful Moments– Erin (12/3-12/17)	 1:30-2:15pm Chair Fitness-Noeline	Holiday schedule: *Center closes at 12noon on Thursday, December 19th *Tuesday, December 24th: 6am-12 noon *6:45 group class only* *Wednesday, December 25th: CLOSED *Thursday, December 26th: 9am– 1pm *NO GROUP CLASSES* *Friday: December 27th: 9am-1pm *NO GROUP CLASSES* *Tuesday, December 31st: 6am– 3pm *Wednesday, January 1st: CLOSED	
 2:30-3:15pm Beginner Tai Chi-Lance	3:00-4:00pm Multi-level Yoga-Paula	 2:30-3:15pm Beginner Tai Chi-Lance		
4:00-5:00pm Multi-level Yoga-Paula		4:00-5:00pm Multi-level Yoga-Paula		

- **CARDIO MIX:** Come ready to sweat! This workout includes lower body conditioning, upper-body strength, core exercises, and stretching designed to energize your active lifestyle. Intermediate levels, but may involve floor work. 60 minutes.
- **CHAIR FITNESS**— This 45-minute workout incorporates a chair and includes cardiovascular endurance, strength training, balance, and flexibility moves. This class is great for men and women of all ages. A chair is offered for support, but must be able to stand unassisted.
- **CHAIR YOGA:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. All levels. Chair is used; no floor work. 45 minutes.
- **CIRCUIT EXPRESS:** Class focuses on strength, balance, coordination, and agility through the use of timed intervals. 45 minutes.
- **ARM ATTACK, BELOW THE BELT, and INTERVAL EXPRESS-** Muscle and cardiovascular conditioning classes designed to focus on certain areas of the body in just 45 minutes. Intermediate to advanced levels only.
- **DANCE CARDIO-** -Want to learn different line dances and burn calories at the same time? This class is for all levels and will keep you moving and grooving! 45 minutes
- **MINDFUL MOMENTS MEDITATION** - the practice of mentally slowing down racing thoughts, negativity and calming the mind, body and spirit. Techniques involve deep breathing and awareness of the body and mind; focusing on the "now" so you can acknowledge and accept your thoughts, feeling and sensations without judgement. The practice of meditation is scientifically prove to improve cognitive function, reduce stress, lower heart rate, help with chronic pain management, improve immunity and sleep quality. (6 week session: 1/9-2/20..no class on 1/16)
- **MORNING BURN**—A muscle and cardiovascular conditioning class designed to give you a total body workout in just 45 minutes. All fitness levels.
- **MULTI-LEVEL YOGA**— This class is for anyone of any fitness level. It will focus on total body strengthening, flexibility, and relaxation. Great class to take after a long day at work!! 60 minutes.
- **SILVER SNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. 45 minutes.
- **SILVER SNEAKERS CLASSIC**— Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. 45 minutes.
- **SIT AND BE FIT:** This class will focus on both upper and lower body strength and endurance, but in a seated position. We will use dumbbells, bands, and/or balls. The entire class will be done in a chair. 45 minutes.
- **STRETCH EXPRESS/STRETCH AND BALANCE**—This class focuses on joint range of motion, muscle and joint extensibility and relaxation. Friday, Stretch and Balance class, will add in balance exercises along with stretching. Targets all muscle groups. This class is great for men and women of all ages. A chair can be used for support, but must be able to stand unassisted. 45 minutes.
- **TAI CHI (Beginner and Advanced)-** A physical and spiritual blend of discipline for health and relaxation exercise. Improves circulation and balance as well as aiding in the relaxation and strengthening of the nervous system to create a sense of well-being. 45 minutes.
- **TOTALLY PINK-** Registered participants only. 12 week Breast Cancer Exercise Program led by a certified Cancer Exercise Specialist, Tiffany Markun Jinright.
- **ZUMBA GOLD-** Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. All levels. 45 minutes.