


# 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	10:00-10:45am Silver Sneakers Classic-Melody	9:45-10:30am Silver Sneakers Circuit-Noeline	 10:00-10:45am Dance Cardio-Melody	9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Advanced Tai Chi-Lance	♥ 11:00-11:45am Sit and Be Fit-Erika	10:45-11:30am Advanced Tai Chi-Lance	3:00-4:00pm Multi-level Yoga-Heather	♥ 10:45-11:30am Stretch/Balance-Erika
12:00-1:00pm Arm Attack-Noeline	♥ 2:00-2:45pm Mindful Moments- Erin	12:00-1:00pm Below the Belt- Noeline	5:00-6:00pm Totally Pink- Tiffany 1/9-3/27	12:00-1:00pm Interval Express- Noeline
♥ 1:30-2:15pm Chair Fitness-Noeline	♥ 3:00-4:00pm Multi-level Yoga-Paula	♥ 1:30-2:15pm Chair Fitness-Noeline		♥ 1:30-2:15pm Chair Fitness-Noeline
♥ 2:30-3:15pm Beginner Tai Chi <b>*class cancelled from 2/17-3/10*</b>		♥ 2:30-3:15pm Beginner Tai Chi-Lance <b>*class cancelled from 2/19-3/12*</b>	<b>Schedule changes:</b> *Zumba Gold at 10am on Thursdays is cancelled, but Dance Cardio will now be offered at the same time. *Cardio Mix at 9am on Tuesdays is cancelled. *No Beginner Tai Chi classes from February 17th through March 12th. Classes will resume on Monday, March 17th.	
4:00-5:00pm Multi-level Yoga-Paula		4:00-5:00pm Multi-level Yoga-Paula		
5:00-6:00pm Totally Pink-Tiffany 1/6-3/24				

**KEY:**

CARDIO	STRENGTH
Specialty Class: Sign up required	MIND/BODY

- **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-** 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.