

GROUP FITNESS SCHEDULE - July 27th-August 18th

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
9:45-10:30am Silver Sneakers Circuit Heather	9:00-9:45am Chair Yoga Heather	9:45-10:30am Silver Sneakers Circuit Heather	8:30-9:15am Stretch Express Erika	9:45-10:30am Silver Sneakers Circuit Heather
10:45-11:30am Advanced Tai Chi	10:00-10:45am Cardio Mix Heather	10:45-11:30am Advanced Tai Chi	11:00-11:45pm Sit and Be Fit Erika	10:45-11:30am Chair Yoga Heather
1:30-2:15pm Chair Fitness Heather	11:00-11:45am Sit and Be Fit Erika	1:30-2:15pm Chair Fitness Heather	11:30am-12:15pm Fitness and Gym Tricia *multi-purpose studio*	1:30-2:15pm Chair Fitness Heather
2:30-3:15pm Beginner Tai Chi		2:30-3:15pm Beginner Tai Chi	3:00-4:00pm Multi-level Yoga Heather	
4:00-5:00pm Multi-level Yoga Paula		4:00-5:00pm Multi-level Yoga Paula		

The group fitness schedule will go back to normal on Wednesday, August 19th.

Thank you for working with us!!!!

- **CARDIO MIX-** Full body workout emphasizing cardio and strength conditioning. All fitness levels, but must be able to get down on a mat. 60 minutes.
- **CHAIR FITNESS-** Low-impact exercise class that uses a sturdy chair for support, making it accessible for people of many fitness levels, including older adults, beginners, individuals recovering from injury, or anyone with limited mobility. 45 minutes.
- **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.
- **FITNESS AND GYM with TRICIA:** This class is held in our multi-purpose studio and is focused on free weight strength training. This class will give you a totally body workout, but will involve floor work and is not designed for beginners; intermediate to advanced levels only. 45 minutes.
- **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.
- **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**—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 (Advanced/Beginner)-** 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.