

GROUP FITNESS SCHEDULE - August 19th-September 4th

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	9:00-9:45am Chair Yoga— Heather	8:30-9:30am Cardio Mix- Noeline	8:30-9:15am Stretch Express— Erika	8:30-9:30am Cardio Mix- Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline	10:00-10:45am Cardio Mix— Heather	9:45-10:30am Silver Sneakers Circuit-Noeline	11:00-11:45pm Sit and Be Fit— Erika	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	Fitness and Gym-Tricia 11:30am-12:15pm Multi –Purpose studio.	10:45-11:30am Chair Yoga- Heather
12:00-1:00pm Power Pulse Circuit Noeline		12:00-1:00pm Power Pulse Circuit Noeline	3:00-4:00pm Multi-level Yoga-Heather	12:00-1:00pm Pulse and Groove Noeline
1:30-2:15pm Silver Sneakers Classic- Noeline		1:30-2:15pm Silver Sneakers Classic- Noeline	*The Lifestyle Center will be closed on Monday, September 7th for Labor Day!!	1:30-2:15pm Silver Sneakers Classic- Noeline
2:30-3:15pm Beginner Tai Chi-Lance		2:30-3:15pm Beginner Tai Chi-Lance		
4:00-5:00pm Multi-level Yoga— Paula		4:00-5:00pm Multi-level Yoga— Paula		
5:00-6:00pm Power Pulse Circuit— Noeline		5:00-6:00pm Power Pulse Circuit— Noeline		

- **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 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.
- **PULSE POWER CIRCUIT**— For intermediate to advanced fitness levels, this is the most challenging class we offer. You will move quickly between different strength and cardio exercises with minimal rest, often completing multiple rounds, which makes it an effective way to build both muscle and strength. You will be using different equipment like: dumbbells, kettlebells, slam balls, steps, and more! 60 minutes.
- **PULSE AND GROOVE**— This class will combine strength circuit training with dance movements to work on building strength, agility, power, and endurance. This will be a fun and engaging way to get in your exercise! Must be able to get down on a mat/the floor. 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.