

group exercise program



Class Descriptions

Boxing • This class teaches real boxing techniques, punches and footwork. Participants will use hand wraps, boxing gloves, focus mitts, and heavy bags for punching drills. Other conditioning exercises may include sprints, jumping rope, medicine ball drills, and lower/upper back strengthening.

Extreme Cardio • 30 minutes of cardio action! Drills, stations, jump rope. Get moving, burn calories. Energy and variety guaranteed.

Full Body Blast • Full Body Blast is a fresh, creative 30-minute muscle endurance and toning workout that uses only one piece of equipment, the Body Bar, yet works different muscle groups simultaneously.

Hard Core • This class optimizes your abs and lower back training. Learn the newest and safest techniques.

Interval Mix • Get your cardio exercise on a variety of equipment using step, bosu and choreographed moves. All levels welcome in this 45-minute class that gives you a taste of everything aerobics has to offer.

Kickboxing • Like our boxing class, this class also teaches real boxing techniques, punches and footwork with wraps, gloves, focus mitts, and heavy bags, for both punching and kicking drills.

Muscle Definition • Improve muscle tone and increase metabolic rate. This class may use any combination of weights, balls, bands or tubes for the ultimate resistance training experience.

Pilates Mat • Strengthen, stretch and lengthen your muscles while improving posture and reducing stress and tension.

Pre/Postnatal Exercise • This multi-level muscular endurance strength training class is as challenging as our Muscle Definition classes, but is designed to meet the physical needs and demands of pregnancy, labor and delivery. Special emphasis is placed on the abdominal, pelvic floor and back musculature.

Quick Fit • Challenge yourself in this 30-minute class. You will get your heart rate up and strengthen all the major muscle groups using a variety of tools — bands, stability balls, weights, anything goes. All levels welcome.

Spinning® • A class on a stationary bike that is physically as well as mentally challenging. Instructors lead you through a journey that simulates a variety of terrains. Each individual controls his/her intensity by adjustments made to the bike.

Live Music Spinning® • Musician Jesse Hozeny blends live and original music using a laptop, drums, synths and a sound system. His unique rhythms provide riders with a strong connection to the flow of the road.

Step & Sculpt • Cardio on the step integrated with or followed by strength conditioning.

Step Elements • Powerful moves with moderate choreography allow for an intense workout.

Stretch • Dynamically increase your flexibility in this class. Create more space in the body and less tension with passive and active stretching that is designed to increase muscle length.

Stretch & Strength • An athletic stretch mat class fusing balance, strength and flexibility with energetic, powerful moves.

Turbo Kick™ • Turbo Kick combines the power of kickboxing with hip-hop moves. The choreographed routines taught are fun, easy to follow and will burn calories for sure.

Water Workout • Get ready for a great cardio and strength workout in the pool. Water training benefits your body by providing you with 12 times the resistance of land-based classes, yet only 10% of the stress and strain on your body. A great cross-training class for all fitness levels.

Workout Challenge • An endurance extravaganza! Sometimes a sport-specific circuit, sometimes a cardiovascular marathon — always a challenge. Work on your strength, balance, and agility utilizing the latest in exercise equipment and techniques.

Zumba • Zumba routines feature aerobic, fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow Latin dance steps (e.g. salsa, cha cha, mambo, rumba and merengue).

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Group Exercise Schedule

TIME CLASS INSTRUCTOR / ROOM

MONDAY

6:00–6:50 am	Spinning®	Krissy C. S
6:45–7:15 am	Full Body Blast	Trish V. G
7:00–8:00 am	One-Hour Yoga	Toni S. Y
9:30–10:20 am	Spinning®	Heather H. S
9:30–10:30 am	Turbo Kick™	Sarah R. G
10:30–11:00 am	Stretch & Strength	Sarah R. G
12:00–1:00 pm	Yoga (Multi-Level)	David W. Y
12:00–1:00 pm	Zumba	Alberto A. G
5:15–5:45 pm	Full Body Blast	Angela P. G
5:30–6:30 pm	Pilates Mat	Anna D. Y
5:45–6:30 pm	Muscle Definition	Zach H. G
6:00–6:50 pm	Spinning®	Marty R. S
6:30–7:15 pm	Step Elements	Stephanie Marie F. G
6:30–8:00 pm	Yoga (Multi-Level)	Toni S. Y
7:00–7:50 pm	Spinning®	Frank F. S
7:15–8:15 pm	Kickboxing	Dion R. / Frank R. G

TUESDAY

6:00–6:30 am	Hard Core	Tina D. G
6:30–7:20 am	Spinning®	David A. S
6:30–7:30 am	Pilates Mat	Anna D. Y
9:00–10:00 am	One-Hour Yoga	Jenna M. Y
9:30–10:00 am	Extreme Cardio	Jody B. G
10:00–10:30 am	Full Body Blast	Jody B. G
10:00–10:50 am	Spinning®	DeWitt W. S
12:30–1:15 pm	Water Workout	Mandee M. P
5:00–5:50 pm	Spinning®	James B. S
5:30–6:00 pm	Full Body Blast	Donna P. G
6:00–6:45 pm	Workout Challenge	Donna P. G
6:00–6:50 pm	Spinning®	Jenna M. S
6:00–7:00 pm	Pilates Mat	Penny S. Y
6:45–7:30 pm	Muscle Definition	Maya K. G
7:00–7:50 pm	Spinning®	Kraig F. S
7:00–8:30 pm	Yoga (Multi-Level)	David W. Y
7:30–8:00 pm	Hard Core	Maya K. G

TIME CLASS INSTRUCTOR / ROOM

WEDNESDAY

6:00–6:50 am	Spinning®	Annabelle W. S
6:00–7:00 am	Workout Challenge	Mandee M. G
7:00–8:00 am	One-Hour Yoga	Mia P. Y
9:30–10:20 am	Spinning®	Stephanie F. S
9:30–10:30 am	Muscle Definition	Kris J. G
12:00–1:00 pm	Ashtanga Power Yoga	Mary K. G
4:30–5:15 pm	Pre/Postnatal Exercise	Stephanie F. G
5:00–5:45 pm	Pilates Mat	Anna D. Y
5:30–6:00 pm	Quick Fit	Laura D. G
6:00–6:45 pm	Step Elements	Stephanie Marie F. G
6:00–6:50 pm	Live Music Spinning®	Mandee M. S
6:00–7:00 pm	Beginner Yoga	Jenna M. Y
6:45–7:45 pm	Boxing	Dion R. / Frank R. G
7:00–7:50 pm	Live Music Spinning®	Mandee M. S
7:00–8:30 pm	Yoga (Multi-Level)	Toni S. Y

THURSDAY

6:30–7:20 am	Spinning®	Stephanie F. S
7:00–8:00 am	One-Hour Yoga	Angela T. Y
9:30–10:15 am	Interval Mix	Jody B. G
10:15–10:45 am	Full Body Blast	Jody B. G
10:30–12:00 pm	Yoga (Multi-Level)	Angela T. Y
12:00–12:45 pm	Water Workout	Mandee M. P
12:00–12:50 pm	Spinning®	Frank F. S
12:00–1:00 pm	Pre/Postnatal Yoga	Angela T. Y
5:00–5:45 pm	Workout Challenge	Arnold N. G
5:45–6:15 pm	Full Body Blast	Arnold N. G
6:00–6:50 pm	Spinning®	Donna P. S
6:15–7:00 pm	Zumba	Stephanie Marie F. G
6:30–8:00 pm	Yoga (Multi-Level)	Arnold N. Y
7:00–7:30 pm	Hard Core	Donna P. G



TIME CLASS INSTRUCTOR / ROOM

FRIDAY

6:00–6:50 am	Spinning®	David A. S
6:30–7:30 am	Pilates Mat	Anna D. Y
9:30–10:30 am	Workout Challenge	Marty R. G
12:00–12:30 pm	Full Body Blast	Heather H. G
12:00–1:00 pm	One-Hour Yoga	Toni S. Y
12:30–1:00 pm	Hard Core	Heather H. G
4:30–5:30 pm	One-Hour Yoga	Mary K. Y
5:30–6:15 pm	Step & Sculpt	Zach H. G
5:30–7:00 pm	Ashtanga Power Yoga	Mary K. Y
6:00–6:50 pm	Spinning®	Krissy C. S
6:15–7:00 pm	Muscle Definition	Trisha C. G

SATURDAY

8:00–8:45 am	Muscle Definition	Mark W. G
9:00–9:50 am	Spinning®	Elizabeth D. S
9:00–9:55 am	Step Elements	David C. G
9:00–10:00 am	Pilates Mat	Penny S. Y
10:00–10:30 am	Full Body Blast	Donna P. G
10:00–10:50 am	Spinning®	James B. S
10:30–11:30 am	Boxing	Dion R. / Frank R. G
10:30–12:00 pm	Hatha Yoga	Angela T. Y
11:00–12:15 pm	75-minute Spinning®	James B. S
12:00–1:00 pm	Turbo Kick™	Erika S. G
12:30–2:00 pm	Yoga (Multi-Level)	Kerry O. Y

TIME CLASS INSTRUCTOR / ROOM

SUNDAY

8:30–9:00 am	Extreme Cardio	Mark W. G
9:00–9:50 am	Spinning®	Stephanie F. S
9:00–10:00 am	Muscle Definition	Mark W. G
9:00–10:30 am	Hot Room Yoga	Erin M. Y
10:00–10:45 am	Pre/Postnatal Exercise	Stephanie F. G
10:00–10:50 am	Spinning®	Annabelle W. S
11:00–11:30 am	Full Body Blast	Annabelle W. G
11:30–12:30 pm	Turbo Kick™	Dana A. G
2:30–4:00 pm	Vinyasa Flow Yoga	Jenna M. Y
4:00–4:50 pm	Spinning®	Julie S. S
4:00–5:00 pm	Beginner Yoga	Arnold N. Y
5:00–5:30 pm	Full Body Blast	Arnold N. G



G Main Gym

P Pool

S Spinning Studio

Y Yoga/Pilates Studio

Yoga Class Descriptions

Yoga • Yoga is grounded in an ancient meditation system using breath as a means to connect the mind with the body. Instructors teach poses, postures, movements from gymnastics and martial arts, and different forms of meditation to enhance your flexibility while assisting you with control and mind-body connectedness.

Ashtanga Power Yoga • This method of yoga involves synchronizing the breath with a progressive sequence of postures to help build strength, flexibility and detoxify the body.

Beginner Yoga • An ideal introduction to yoga, the class pace is slower and gives more detailed explanations of moves/postures.

Hatha Yoga • Hatha yoga balances mind and body using asanas (poses), controlled breathing and the calming of the mind. Asanas teach poise, balance and strength and are practiced to improve the body's physical health and clear the mind in preparation for meditation.

Hot Room Yoga • The room is heated to 100°F to allow you to go deeper into the poses and to release toxins from your body through sweat. This physical and athletic form of yoga helps increase your flexibility, build strength and coordination through 26 different poses.

One-Hour Yoga • This format is great for students who find themselves short on time, and is also popular for beginners who are easing into yoga. Although 60 minutes can fly by quickly, this shorter class is no less challenging. It is similar to Multi-Level Yoga, and a variety of yoga styles are taught depending on the instructor.

Pre/Postnatal Yoga (*All stages of pregnancy*) • This class consists of stretching, strengthening, breathing and relaxation techniques specifically designed for pregnant women. It will help you feel better and stronger during your pregnancy. No prior knowledge of yoga is required. Taught by our certified specialist.

Vinyasa Flow Yoga • This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next in a seamless Vinyasa. Great for building stamina and strength. Meditation is experienced through movement, as opposed to seated meditation.

Yoga (*Multi-Level*) • This class allows for a variety of experience levels from beginning to advanced. The instructor will challenge the skill level of each participant. Students are encouraged to work at their own capacity and build their yoga practice slowly over time.
