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# HEALTHY LIFESTYLES START HERE

## Group Fitness Schedule

### Virtual Fitness Schedule: January 4<sup>th</sup>, 2021

Any Classes done on Zoom are only available during the session. Last update: 12/21/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Boot Camp 6:00-6:45am Lyndsey- Zoom (Avery) Meeting ID 820 9495 2006 Password 081703			
STRONG 7:00-7:45am Kristen -ZOOM (Avery) Meeting ID 826 4655 1775 Password 984450	HIIT/ABS 7:00-7:45am Suzuka Zoom (Avery) Meeting ID- 874 6178 2654 Password- 386327	Morning Mix 7:00-7:45am Marenda - Zoom (Avery) Meeting ID 838 4573 9888 Password 689841	Pilates 7:00-7:45am Melissa Facebook Live (Avery)	Vinyasa Yoga 7:00-7:45am Kim G Facebook Live (Avery)	
	Barre 8:30-9:15am Vicky- Zoom (Avery) Meeting ID 847 4377 7327 Password 133796		Yoga 8:00-8:45am Instructor Rotates (Morris) Facebook Live		Zumba 9:00-9:45am Greta - Zoom (Avery) Meeting ID 867 3423 5191 Password 473149
Low Impact Cardio Interval 9:15-10:00am Janet- Zoom (Galowich) Meeting ID: 870 5271 0507 Password: 279890	Breathing and Meditation 10:30-11:30am Shila -Zoom (Avery) Meeting ID 845 8245 7047 Password 783784	Cardio Interval 9:15-10:00am Janet- Zoom (Galowich) Meeting ID: 854 8163 8063 Password: 855488		Cardio Interval 9:00-9:45am Tifanie Facebook Live (Morris)	
Tabata 3:45-4:15pm Leigh Anne Facebook Live (Morris)	Zumba 4:30-5:20pm Jessica- Zoom (Morris) Meeting ID 827 3811 4437 Password 691644			Tabata 4:15-5:00pm Leigh Anne - Zoom (Morris) Meeting ID 882 1010 8763 Password 234062	
Tabata 4:30-5:00pm Leigh Anne-Zoom (Morris) Meeting ID 872 5183 0341 Password 292930	Yoga 5:45-6:45pm Karen S. Zoom (Avery) Meeting ID: 875 0686 7048 Password: 021347	Pumped Up 5:45-6:45am Minerva- Zoom (Avery) Meeting ID 870 4599 6738 Password 445814	POUND 5:15-6:00pm Michele - Zoom (Galowich) Meeting ID: 816 4660 0906 Password: 888782		<b>SUNDAY</b>
		Yoga 6:00-6:50pm Allene- Zoom (Galowich) Meeting ID 870 4599 6738 Password 878384			STRONG 8:30-9:15am Julie- Zoom (Avery) Meeting ID 853 2247 0282 Password 224290
Pumped Up 7:00-7:45pm Kristen Facebook LIVE (Avery)	STRONG 7:00-7:45pm Meeting ID Julie- Zoom (Avery) 894 8697 7339 Password 206313	WERQ 7:00-7:45pm Kristen- Zoom (Avery) Meeting ID 885 4271 4378 Password 357768	Zumba 7:00-7:45pm Stacy- Zoom (Avery) Meeting ID: 871 2088 6646 Password: 550595		PLYOGA 9:30-10:00am Lyndsey- Zoom (Avery) Meeting ID 874 7986 7461 Password 236868



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**CARDIO ATHLETIC CLASSES:** Limited choreography, easy to follow classes that range from int. to adv. intensity.

**Boot Camp:** For those looking for a challenging workout. You can expect running, plyometrics, cardio and strength drills, obstacle courses etc. Any level, can be modified.

**Bodyshred:** Jillian Michael's Bodyshred is a high intensity and endurance-based circuit work out. Three minutes strength, two minutes cardio, one-minute abs in each circuit. This is an intermediate to advanced level class that can be modified.

**Cardio Interval:** This class incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience to improve overall fitness. Great for all levels!

**Kick Boxing:** High intensity cardio class using boxing technique to make it fun and challenging. Int/Adv. Can be modified.

**Low Impact Cardio Interval:** This class is a combination of strength training, basic low impact cardiovascular segments, balance and flexibility. Designed for those who prefer a great workout without the added impact to joints.

**Barre:** A ballet inspired class that does include more fitness-type exercises. This class focuses on strength and endurance as well as balance and flexibility. This class would be appropriate for intermediate to advanced participants.

**HIIT/ABS:** High Intensity Interval Training that includes short bursts of cardio with limited recovery that challenges participants to work at their highest level. Core and Abs are done at the end of class.

**Morning Mix:** This class switches between a bootcamp, STRONG, and interval format. Schedule is listed on back of cycle schedule.

**PLYOGA:** A four-part fitness system that utilizes the centered and balanced principles of Yoga as an active recovery for a segmented class in Plyometric interval movements.

**STRENGTH TRAINING CLASSES:** Easy to follow classes that follow traditional strength training principles for all fitness levels.

**Strength Train Together™:** This MOSSA™ barbell class, will sculpt, tone and strengthen your entire body, FAST! A great workout for all levels. This class includes functional movements that help keep you strong and healthy for daily life.

**Senior Fit:** A class designed for the active older adult or individuals with limitations who are looking for a workout that may be modified which includes cardio, strength, balance and stretching.

**Pumped Up:** This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

**HardCore:** A 30 minute core focused workout that combines functional movement and core exercises. Any Level.

**Moving For Better Balance (MBB):** A progressive class that is Tai- Chi based and focuses on falls prevention, injury recovery, and more. \*Free for members, but requires registration.

### CHOREOGRAPHED CARDIO CLASSES:

**Step & Sculpt:** This is a step aerobics class with some choreography that also includes core work, strength training and stretching. Any level.

**Zumba:** This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

**WERQ:** This is a fun class that uses Hip Hop and Top 40 hits to motivate you to dance your way to fitness. A fusion of exercise and hip hop dance. Any level.

**Insanity:** A pre-designed high intensity workout by Shaun T. This class is mostly high intensity cardio with abs at the end.

**Pound:** Channel your inner rock star with Pound Fitness, a full-body cardio jam session of a workout inspired by drumming using the Ripstix weighted drumsticks engineered for exercise. Burn calories and tone while rocking out to popular music.

**Generation Pound:** This class for 8-12 year olds uses lightly weighted drum sticks (Ripstix) in a rhythmic pattern. This class is interactive and focuses on positivity, movement, and coordination.

**STRONG by Zumba:** Combines body weight, muscle conditioning, and plyometric movements to increase your fitness level. Movements are set to music and are at various levels of intensity, kickboxing and MMA elements are throughout the workout.

### MIND BODY FITNESS CLASSES:

**Yoga:** This general fitness yoga class is designed for intro and intermediate students. The focus is on improving flexibility, strength and balance incorporating vinyasa and hatha yoga with breathing techniques to relieve stress and promote spirit-mind-body wellness.

**Hatha Yoga:** Yoga has physical, psychological and spiritual benefits. While working on challenging postures, breathing exercises and meditation you will improve your strength and flexibility, mental clarity and general wellbeing while controlling stress.

**Pilates:** A multi-level fitness routine that will increase and create balance between strength and flexibility. You can expect longer and leaner muscles, stress relief, improved posture, coordination, balance, flexibility and increased core strength. Pilates is not recommended for those with osteoporosis.

**Vinyasa Yoga:** A powerful vinyasa flow class designed to strengthen the entire body, enhance toning, increase flexibility and promote circulation. Intense enough for advanced students and a variety of modifications offered to welcome new students looking for a challenge.

**PiYo:** PiYo is not like standard Pilates or Yoga. It speeds things up and introduces you to dynamic flowing sequences that can burn serious calories while lengthening and toning your muscles and increasing flexibility.

**Breathing and Meditation:** This is a wonderful class to work on taking care of yourself. You will be taken carefully through a series of breathing techniques that will help you focus and relax. A great addition to any workout routine.

**Restorative Yoga:** This Yin Yoga practice works the tissues of our ligaments, joints, deep fascial networks, and even our bones. It



is a passive yet challenging practice due to the long duration of the poses.

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