



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | November 8 – December 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15-6:05 a.m. Rotating				Boot Camp 5:15-6:05 a.m. Rotating	
			Butts & Guts 7-7:45 a.m. Ro	Pumped Up 7-7:45 a.m. Melissa	
Senior Fitness 7:30-8:15 a.m. Pam	Gentle Yoga 8-8:50 a.m. Linette	Senior Fitness 7:45-8:30 a.m. Pam	Gentle Yoga 8-8:50 a.m. Jennifer	Vinyasa Yoga 8:00-8:50 a.m. Donna	Saturday Sampler 8-8:50 a.m. Rotating
Senior Fitness 8:30-9:15 a.m. Pam	Pumped Up 9:05-9:55 a.m. Lynn	Senior Fitness 9:00-9:45 a.m. Pam	Strong Nation 9:05-9:55 a.m. Jessika	Cardio Interval 9:05-9:55 a.m. Tifanie	
Rotates Weekly (refer to App) 9:30-10:20 a.m. Stacey		Barre 10:00-10:50 a.m. Stacey			
	Senior Fitness 10:15-11:00 a.m. Lisa		Senior Fitness 10:15-11:00 a.m. Lisa	Senior Fitness 10:15-11 a.m. Kerri	
Kettlebells Amped 4:30-5 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Jes	Tabata 4:30-5:00 p.m. Leigh Anne	Zumba 4:30-5:20 p.m. Jes	Cardio Interval 4:15-5:00 p.m. Leigh Anne	
Monday Mix 5:20-6:10 p.m. Rotating	Fitness Yoga 5:35-6:25 p.m. Linette	Cardio Interval 5:15-6:05 p.m. Tifanie	Strength Train Together 5:35-6:25 p.m. Katie		

KEY

Facility Member

Senior Fitness
open to
community

KIDS CORNER HOURS:

Monday-Friday
9:00-11:00am

Monday-Thursday
4:30-6:30pm

Monday Mix:

11/8	Hatha Flow Yoga	Andrea
11/15	Strong Nation	Jessika
11/22	Strength Train Together	Katie
11/29	Zumba	Jes
12/6	Hip Hop Fit	Stacey
12/13	Hatha Flow Yoga	Andrea
12/20	Strong Nation	Jessika
12/27	Hip Hop Fit	Stacey

Saturday Sampler:

11/13	Hatha Flow Yoga	Sue
11/20	Barre	Stacey
11/27	Pound	Crystal
12/4	Fitness Yoga	Linette
12/11	Strength Train Together	Katie
12/18	Pound	Crystal
12/25	Christmas – Closed	
1/1	New Year's Day - Closed	

FREE FITNESS CLASS DESCRIPTIONS

Boot Camp: For those looking for a great full body workout. You can expect plyometrics, cardio and strength drills, obstacle courses etc.

Butts and Guts: This class focuses specifically on developing strong, powerful lower body and core muscle groups by using various types of resistance training techniques, including free weights, resistance bands and body weight exercises. Workout will focus on the glutes, abs, legs, and lower back.

Cardio Interval: You'll alternate between cardio intervals and strength moves to achieve the maximum results, increased cardiovascular fitness and calorie burning.

Fitness Yoga: An effective and exciting "Mind" and "Body" workout. It combines aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance, and balance.

Gentle Yoga: A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced who enjoy a gentler class.

Hatha Flow Yoga: Hatha Flow Yoga links the postures practiced in a regular Hatha class into a sequence of postures and movements that flow with the breath. A Hatha flow class will utilize longer-timed standing, balancing, and seated poses with a focused breathing pattern, all helping to build strength, endurance, and focus. The flow between longer poses will provide time to adjust to adjust as you move in transition from one movement to another.

Hip Hop Fit: Hip Hop Fit is a dance fitness class designed to get you moving to the hottest music and moves. Be prepared to sweat and get fit the fun way! Anyone can do it!!

Pilates: Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Pound Fitness: Channel your inner rockstar with Pound Fitness, a full-body cardio jam session of a workout inspired by drumming. Using Ripstix®-weighted drumsticks engineered for exercise—you'll burn calories and tone while rocking out to your favorite music!

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

Senior Fitness: A service of Morris Hospital & Healthcare Centers: Senior fitness classes are designed to provide low impact aerobic training for participants 55 and older, incorporates strength training for an overall workout.

Step & Sculpt: This class starts with an easy to follow dance step routine, followed by strength, core work, & stretching.

Strength Train Together: This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Strong Nation: You will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Tabata: Tabata workouts are HIIT workouts alternating periods of high intensity with shorter recovery periods designed to boost post exercise calorie burn.

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

