# Group Fitness Schedule | February 28 – March 13

## MONDAY
- **Boot Camp**
  - 5:15-6:05 a.m.
  - Tifanie

## TUESDAY
- **Cardio Interval**
  - 7-7:45 a.m.
  - Abby

## WEDNESDAY
- **Senior Fitness**
  - 7:30-8:15 a.m.
  - Rotating
  - **Strength Train Together**
    - 5:05-5:55 p.m.
    - Sarah

## THURSDAY
- **Pumped Up**
  - 7-7:45 a.m.
  - Ro

## FRIDAY
- **Boot Camp**
  - 5:15-6:05 a.m.
  - Tifanie

## SATURDAY
- **Saturday Sampler**
  - 8-8:50 a.m.
  - Rotating

## KEY
- Facility Member
- Senior Fitness open to community

## KIDS CORNER HOURS:
- Monday-Friday:
  - 9:00-11:00am
- Monday-Thursday:
  - 4:30-6:30pm

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## Monday Mix:
- 2/7 | Hatha Flow Yoga | Andrea
- 2/14 | Strength Train Together | Katie
- 2/21 | Strong Nation | Jessika
- 2/28 | Zumba | Jes
- 3/7 | Cardio Interval | Abby

## Saturday Sampler:
- 2/12 | Strength Train Together | Katie
- 2/19 | Gentle Yoga | Jennifer
- 2/26 | Cardio Interval | Abby
- 3/5 | Hatha Yoga | Sheri
- 3/12 | Boot Camp | Tifanie
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. All fitness levels welcome!

Barre: Come experience a fun and invigorating class that focuses on conditioning and toning the entire body! This workout blends classical ballet exercises, Pilates and traditional conditioning movements designed to develop muscular endurance, dynamic balance, flexibility and of course core strength.

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 Yoga: Hatha Yoga is defined as movement that develops strength, flexibility, bodily relaxation, and mental concentration. Class will provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles. Mindfulness, and the observing of breath and body are integral parts of all hatha yoga.

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!!

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!