



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule

February 8th – March 14th, 2021 In Person Fitness Classes

Classes are free for Facility Members age 16 and older. Space is limited and social distancing guidelines must be followed at all times. To reserve a space in class, please stop at the front desk for a class card (Water Fitness included). For the safety of all members, please do not enter classes already in progress. Please only use cycle bikes with a purple sticker. Bikes with a blue sticker are closed for social distancing.

Kids Corner Hours: Monday-Friday: 8:45am-10:30am Monday-Thursday: 5-8:30pm
Saturday-Sunday: 9-11:30am

FS 1= Large Aerobic Room /FS 2= Small Aerobic Room /CR=Cycle Room /OS= Outside /EMR= End Multi-Purpose Room
Schedule subject to change. Last updated 2/15/2021. * Hybrid Class Option

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Master Swim 5:00-6:00am Ann- Lap Pool		Master Swim 5:00-6:00am Ann- Lap Pool		
Bootcamp 5:30-6:30am Kevin/Lyndsey- Gym	Group Cycle 5:15-6:00am Yonika- FS 1	Boot Camp 5:30-6:30am Kevin/ Lyndsey- Gym	Group Cycle 5:30-6:15am Courtney- FS 1	Boot Camp 5:30-6:30am Kevin/Kristem –Gym	
	Master Swim 6:15-7:15am Ann- Lap Pool	Group Cycle 5:45-6:30am Jen B- CR	Master Swim 6:15-7:15am Ann- Lap Pool	Group Cycle 5:45-6:30am Jen B- CR	
Pumped Up 7:00-7:45am Kristen –FS 1	Cycle/ Sculpt 7:00-7:50am Marenda – CR	Morning Mix 7:00-7:45am Marenda- FS 1	HIIT/Abs 7:00-7:45am Suzuka- FS 1	Vinyasa Yoga * 7:00-7:45am Kim G- FS 2	
Low Impact Cardio/Strength 8:00-8:45am Yesenia- FS 2	Barre 8:15- 9:00am Vicky- FS 2	Low Impact Cardio/Strength 8:00-8:45am Yesenia- FS 2	Water Fitness 8:00-8:45am Minerva- Lap Pool	Water Fitness 8:30-9:15am Lap Pool	TRX 8:30-9:15am Melissa - CR
Morning Mix Express 8:05-8:35am Julie- FS 1	Y Walkers 8:15-9:00am Cindy- OS	Vinyasa Yoga 9:30-10:20am Kim G- FS 2	Pilates 8:05-8:50am Cyndi- FS 2	Step/Sculpt 8:05-8:50am Lynn- FS 1	PLYOGA 8:05-8:50am Amy – FS 1
Water Fitness 9:30-10:15am Minerva- Lap Pool	Kidboxing 9:15-10:00am Suzuka- FS 1	Water Fitness 9:30-10:15am Family Pool	Y Walkers 8:15-9:00am Cindy- OS	Strong Nation ® 10:00-10:45am Marenda- FS 1	Group Cycle 9:30-10:15am Yonika– FS 1
	Breathing and Meditation 10:30-11:30am Shila- Zoom ID: 845 8245 7047 Passcode: 783784				Zumba Toning ®* 9:00-9:45am Greta- FS 2
					SUNDAY
		Cycle/Sculpt 5:30-6:20pm Yonika- CR			Masters Swim 7:00-8:00am Ann- Lap Pool
STRONG Nation® 5:30-6:15pm Kristen - FS 1	HIIT 5:00-5:45pm Melissa- FS 1	Strength Train Together 5:45pm-6:45pm Minerva- FS 1	Zumba Step® 5:15-6:00pm Greta- FS 1	Strength Train Together 8:30-9:15am Julie W – FS 1	STRONG Nation® 8:30-9:15am Julie W – FS 1
Strength Train Together 6:45-7:45pm Minerva - FS 1	Pound® 6:00-6:45pm Alyson- FS 1	Yoga 7:00-8:00pm Kay S- FS 2	WERQ® 6:45-7:30pm Atiya- FS 1		Group Cycle 9:30-10:15am Rotates- CR
Hatha Yoga 7:10-8:20pm Neeta – FS 2	Zumba® 7:00-7:45pm Stacy - FS 1	WERQ® * 7:00- 7:45pm Kristen – FS 1	Hatha Yoga 7:10-8:20pm Neeta- FS 2		Strength Train Together 10:00-11:00am Greta - FS 1

Sunday Cycle Rotations:

1/24- Marenda 3/7- Amy M
1/31- Amy M 3/14- Jen B
2/7- Jen B
2/14- Amy M
2/21- Melissa V
2/28- Marenda

Morning Mix Rotations

Week of 1/18- STRONG Week of 2/22- Bootcamp
Week of 1/25- Bootcamp Week of 3/1- PLYOGA/HIIT
Week of 2/1- STRONG Week of 3/8- Strength
Week of 2/8- Strength
Week of 2/15- STRONG





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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.

Group Cycling: A variation of rides including hills, climbs, speed-play, and jumps set to music to increase your cardio output. Some classes may resemble road rides and use virtual guided scenery.

Cycle/Sculpt: A mixed format that includes cycle elements along with intervals of strength training.

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

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.

PLYOGA: High Intensity Interval Training that includes short bursts of cardio with limited recovery in a Yoga pose that challenges participants to work at their highest level.

Morning Mix: This class Rotates between a bootcamp, STRONG, and interval, and strength formats.

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.

Low Impact Cardio/Strength: A class that includes cardio, strength, balance and stretching designed for people who are looking for a complete, safe workout that can be modified to provide a great workout for individuals with limitations as well as to fit active adults. And its lots of fun!!!

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

Cardio Interval: A class that includes cardio and strength in various forms to help improve your aerobic threshold and increase strength. Any level.

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. ***Zumba Toning-** incorporates your favorite moves and adds light weights.

Zumba Step: Taking Zumba to the step bench! This class combines your favorite Zumba moves/rhythms onto the step bench for a fun versatile workout.

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..

Pound: This class uses lightly weighted drum sticks (Ripstix) in a rhythmic pattern to tone and tighten your body. Any Level.

STRONG Nation : 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:

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.

Breathing and Meditation: This class works through a variety of movements to help improve your overall internal and external health. Breathing practices, poses, and more- great for any level.