



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
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Group Fitness Schedule

Virtual Fitness Schedule: February 8th, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pumped Up 7:00-7:45am Kristen -FB Live(Avery)				Vinyasa Yoga 7:00-7:45am Kim G- FB Live (Avery)	
					Zumba 9:00-9:45am Greta - Zoom (Avery) Meeting ID 867 3423 5191 Password 473149
Strong Nation 9:05-9:55am Jessika- Zoom (Morris) Meeting ID: 883 9658 2085 Password: 600007	Breathing and Meditation 10:30-11:30am Shila -Zoom (Avery) Meeting ID 845 8245 7047 Password 783784				
	Zumba 4:30-5:20pm Jessica- Zoom (Morris) Meeting ID 827 3811 4437 Password 691644				SUNDAY
		WERQ 7:00-7:45pm Kristen- Zoom (Avery) Meeting ID 885 4271 4378 Password 357768			

Any Classes done on Zoom are only available during the session. Last update: 2/5/2021



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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.