



# GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						<b>Hip-Hop Step</b> 9:00a-9:50a Shannon
9:30	<b>Mindful Morning Yoga</b> 9:30a-10:20a Danielle					
10:30						<b>WERQ</b> 10:30a-11:20a Hannah
11:40			<b>SilverSneakers Circuit</b> 11:40a-12:30p Nina		<b>SilverSneakers Circuit</b> 11:40a-12:30p Nina	<b>Cardio Fitness</b> 11:40a-12:30p Nina
1:00		<b>Bodyweight Works</b> 1:00p-1:50p Melissa	<b>Aqua Fit</b> 1:00p-1:50p Nina		<b>Aqua Fit</b> 1:00p-1:50p Nina	
3:00		<b>HIIT</b> 3:00p-3:50p Mike		<b>HIIT</b> 3:00p-3:50p Mike		
4:00		<b>HIIT</b> 4:00p-4:50p Mike		<b>HIIT</b> 4:00p-4:50p Mike		
4:30			<b>WERQ</b> 4:30p-5:20p Hannah			
5:00		<b>Spin/Cycle</b> (13 person limit) 5:00p-5:50p Nina		<b>Spin/Cycle</b> (13 person limit) 5:00p-5:50p Nina		
5:30	<b>Yoga 4 All</b> 5:30p-6:20p Chelsea		<b>Gentle Yoga</b> 5:30p-6:20p Danielle			
6:00		<b>R&amp;B/Hip-Hop Line Dancing</b> 6:00p-6:50p Regina		<b>Zumba</b> 6:00p-6:50p Jacqueline		
6:30	<b>Hip-Hop Step</b> 6:30p-7:20p Shannon					
7:15				<b>Aqua Fit 40</b> 7:15p-7:55p Nina		

\*Updated September 2023\*

## Class Descriptions

**Aqua Fit** - A shallow water medium intensity workout, using water and equipment for resistance training, increasing endurance and flexibility. **Aqua Fit 40** is the same class but 40 minutes long.

**Bodyweight Works** – Learn functional movement patterns using your own bodyweight to improve balance, strength, and mobility. These exercises will be useful in everyday life at home, on vacation or even at the grocery store. Chairs can be used if necessary, so all fitness levels are welcome.

**Cardio Fitness** – Energetic and upbeat class that will focus on core conditioning, increased heart rate and strength training with weights. This class is appropriate for all fitness levels and feel free to bring your own hand weights/dumbbells.

**Gentle Yoga** - A beginner friendly yoga class focusing on Hatha Yoga practice. There is an emphasis on posture and breathing techniques with less intimidating yoga positions and will incorporate meditation and relaxation.

**H.I.I.T** - High-Intensity Interval Training, also called high-intensity intermittent exercise, and is a form of interval training. During this class individuals will experience alternating short periods of intense exercise with less intense recovery periods. The duration of HIIT also depends on the intensity of the session.

**Hip-Hop Step** - Welcome to Xtreme Hip-Hop! This step class is like no other! It combines Xtreme cardio, the step board, hip-hop music and lots of swag to provide everyone with a fresh spin on an old concept. This class is safe and fun for all fitness levels.

**Mindful Morning Yoga** - This is a gentle form of yoga that is done sitting on a chair while concentrating on breath work and stretch flow.

**R&B/Hip Hop Line Dancing** - This class teaches you several Mild to Moderate dance techniques and is great for any fitness level.

**SilverSneakers Circuit** - Experience standing or seated, low-impact choreography alternated with standing upper-body strength work. Improve activities for daily living with this class that is suitable for nearly every fitness level. Your instructor can adapt the exercises depending on your skill. Please feel free to bring your own hand weights for class.

**Spin/Cycle** - Indoor cycling with motivating instruction and driving music that will keep you energized. Classes will be a workout comprised of hill climbing, flat terrain and aerobic intervals. Each workout is different as the instructor picks the terrain and sets the goals for each class.

**WERQ** – Build a strong and efficient heart with this fiercely fun dance fitness class! It uses fresh pop, rock, and hip hop beats to keep you moving start to finish. It will also keep your mind sharp by learning steps and choreography. WERQouts are designed for every-body, to celebrate through dance and feel empowered, entertained and full of love for your body!

**Yoga 4 All** – This class will be geared for all levels (beginner to advanced) to relax the mind and work the body. This class incorporates simple sequences to warm up the body, as well as various yoga movements focusing on alignment, strength, balance, and flexibility. A chair may be used if necessary. Basic knowledge of yoga poses is welcomed but no experience or flexibility is required.

**Zumba** – A fitness class for ALL fitness levels. You can expect to burn off calories by dancing to different kinds of lively tunes, often Latin-American inspired such as salsa, merengue and samba, but also other types of modern music like hip hop. An aerobic routine which is high energy with unique moves that help you dance away your worries.

