



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS

## SPRING: APRIL 1 - JUNE 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
GROUP EX	GYM	GROUP EX	GYM	GROUP EX	GYM	GROUP EX	GYM	GROUP EX	GYM		
Cycle (Suzi) 5:30-6:25	Bootcamp (Patti) 5:30-6:30	TRX and More (Lauren) 5:30-6:25		Cycle (Lauren) 5:30-6:25	Tabata Bootcamp (Patti) 5:30-6:30	BodyPump (Delaney) 5:30-6:25		Cycle (Suzi) 5:30-6:25	Insanity (Patti) 5:30-6:30		
Y's Way to Fitness (Nancy) 7-8				Y's Way to Fitness (Shannon) 7-8				Y's Way to Fitness (Shannon) 7-8		Cycle (Lauren) 7:10-8:05	Cycle (Lorri) 7:10-8:05
Fit for Life (Shannon) 8:25-9:20	Yoga (Courtney) 8:30-9:25	Gentle Yoga (Amy) 8:30-9:15		Fit for Life (Mary) 8:25-9:20	Drum to the Beat (Lauren) 8:30-9:20	Zumba (Shannon) 8:30-9:25		Fit for Life (Lauren) 8:25-9:20		BodyPump (rotation) 8:15-9:10	TRX/Insanity (Patti) 8:15-9:10
BodyPump (Lauren) 9:30-10:25	Muscle Madness (Gilda) 9:30-10:25	1/2 & 1/2 (Gilda) 9:30-10:25	Bootcamp (Patti) 9:30-10:25	TRX (Patti) 9:30-10:25	Muscle Madness (Lauren) 9:30-10:25	1/2 & 1/2 (Gilda) 9:30-10:25	Insanity (Patti) 9:30-10:25	BodyPump (Olivia) 9:25-10:25	Muscle Madness (Gilda) 9:30-10:25	Step and More (Gilda) 9:15-10:05	Yoga (Kathy) 9:15-10:10
PiYo (Denise) 10:30-11:25		Yoga (Amy) 10:30-11:25		Buff Yoga (Beth) 10:30-11:25		PiYo (Denise) 10:30-11:25		Cycle (Lauren) 10:30-11:25	Exercising with Parkinson's (Denise) 10:30-11:30	Zumba (Abby) 10:15-11:10	Muscle Madness (Patti) 10:15-11:10
Pedaling for Parkinson's (Denise) 11:30-12:30				Pedaling for Parkinson's (Denise) 11:30-12:30				Yoga (Amy) 11:30-12:30		BollyX (Danielle D) 11:15-12	TRX (Patti) 11:15-12
Tai Chi (Bill) 1-2		Tai Chi for Balance (4/16-5/30) 12:30-1:30				Tai Chi for Balance (4/16-5/30) 12:30-1:30					
BodyPump (Denise) 4:30-5:25		Interval Cycle (Deanna) 5-5:55		BodyPump (Delaney) 4:30-5:25		All Terrain Cycle (Marisol) 5-5:55					
Zumba (Abby) 5:30-6:25				Zumba (Abby) 5:30-6:25		Yoga (Mary) 6-7					
Pound® (Danielle D) 6:30-7:25		Flow Yoga (Ronda) 6:30-7:30 p.m.									

**PLEASE NOTE:** The schedule and instructors are subject to change.

**AGE GUIDELINES:** Teens ages 14-15 are welcome to attend classes (with the exception of BodyPump), when accompanied by a parent or guardian. Teens age 16 and older may attend classes independently.

## ALL TERRAIN CYCLE

This class geared towards keeping your mind engaged while challenging the body with a series of guided movements—taking you through hills and speed drills!

## BODYPUMP®

This class focuses on low weight loads and high repetition movements to burn fat, gain strength and produce lean muscle conditioning.

## BOLLYX The Bollywood Workout

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated.

## BOOTCAMP

This class mixes traditional calisthenics and body-weight exercises with cardio intervals and strength training for the ultimate full-body workout.

## BUFF YOGA

This yoga-inspired workout gives the option of adding weights to powerful poses, which helps tone while increasing flexibility. It's great for your body and mind.

## CARDIO BLAST

Using the ultimate full-body fitness formula, this class challenges all levels. Boost metabolism and achieve goals with aerobic drills and body-weight resistance.

## CYCLE

Take on the exercise challenge of your life, pedaling on a high-tech stationary bike. Options and resistance levels are offered for all levels for a challenging workout.

## DRUM TO THE BEAT

This calorie-burning stability drumming workout—set to hit music—will bring out your inner drummer as you pound out stress and excess energy.

## EXERCISING WITH PARKINSON'S

For individuals with the disease or those who want to work on balance and coordination, this class focuses on axial rotation, balance, movement patterns, stretching and cardiovascular fitness. Movements may be done in a chair or standing.

## FIT FOR LIFE

Perfect for anyone new to group exercise, this class incorporates light aerobics, strength training and yoga/flexibility. Work your body and mind.

## GENTLE YOGA

Great for beginners with a slow-paced flow, it focuses on stretching and strengthening the body, while bringing calmness and relaxation to body and mind.

## 1/2 & 1/2

Half of the class will be a challenging cardio workout (cycle, step, cardio-kickboxing, etc.), and the other half uses equipment to strengthen and tone the entire body.

## INSANITY®

This cardio-based, total body conditioning program uses maximum-intensity intervals along with short periods of rest to burn up to 1,000 calories an hour.

## INTERVAL CYCLE

Interval training provides timed variations in intensity with a combination of speed work and climbing. Perform sprints, jumps and hill climbs in this high-energy class.

## MUSCLE MADNESS

Tone and increase muscle endurance. You'll use equipment (bands, balls, BOSUs) to perform different exercises each class — preventing boredom and plateau.

## PEDALING FOR PARKINSON'S

This class is designed to improve quality of life for adults ages 30-75 with Idiopathic Parkinson's disease. Pedaling faster than normal cadence forces regions of the brain to connect more effectively, which can lessen disease symptoms. Bring a water bottle and tennis shoes.

## PIYO

PiYo is a low-impact, high-intensity workout that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. With a cranked up speed, it's unlike anything you've done.

## POUND®

Using Ripstix®, lightly weighted drumsticks engineered for exercising, POUND® transforms drumming into an effective full-body work out. This exhilarating class combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

## STEP AND MORE

A fun way to exercise, this class offers a low impact, high intensity challenges and a variety of aerobic activity. It's a great way to burn fat and increase endurance.

## TABATA BOOTCAMP

Tabata Bootcamp is bootcamp using 20-10 microburst intervals. An interval consists of specific exercises at a high intensity for 20 seconds, followed by a 10 second rest—allowing for brief recovery before moving on to the next interval for a high calorie burning, full-body workout.

## TAI CHI

Tai chi is a body-mind practice based on ancient Chinese martial arts. The gentle, controlled movements can improve flexibility, strength and balance. Practicing the forms maximizes your workout and promotes calmness.

## TAI CHI FOR BALANCE

A graceful form of exercise designed to improve balance, strength, mobility and flexibility through therapeutic movements of Tai Chi. There are elements of both seated and standing instruction during class.

## TRX

TRX is the ultimate in core and total body training. You'll use your bodyweight against gravity with the TRX suspension trainer to increase strength, improve form and find the level of progression for your ability—allowing you to challenge goals you've set for yourself.

## YOGA

For any fitness level, yoga combines strength and flexibility techniques to give you an overall body workout. With a relaxing visualization section at the end, it's a great class for inner and outer body strength.

## ZUMBA

Come join the party! Feel the Latin and international rhythms as you dance away stress in this easy-to-follow class. Dance Merengue, Salsa, Cumbia and more in this energy-driven fiesta.

## Y's WAY TO FITNESS

Join us in this active older adults' no-nonsense exercise class that focuses on strengthening every major muscle group in a relaxed, social atmosphere.