

# Group Exercise Schedule July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Indoor Cycle &amp; Strength</b> 7-7:45 am <i>Sheri</i>  <b>Yoga</b> 8-8:50 am  <i>Katharine</i>  <b>Stretch, Move &amp; Tone</b> 9-9:45 am <i>Arielle</i>  <b>Zumba Gold Toning</b> 10-10:50 am <i>Sheila</i>  <b>Cardio Drumming</b> 11-11:50 am <i>Holly</i>	<b>Indoor Cycling</b> 7-7:45 am <i>Donna</i>  <b>Pilates</b> 8-8:50 am <i>Katharine</i>  <b>Zumba Gold</b> 9-9:50 am <i>Sheila</i>  <b>Yoga</b> 10-10:50 am <i>Elaine</i>  <b>CORE &amp; Cardio</b> 11-11:50 am <i>Michele</i>	<b>Indoor Cycle &amp; Strength</b> 7-7:45 am <i>Sheri</i>  <b>Yoga</b> 8-8:50 am <i>Valentina</i>  <b>Zumba Gold</b> 9-9:50 am <i>Carol</i>  <b>Full Body Workout</b> 10-10:50 am <i>Holly</i>  <b>6 pack Abs</b> 11-11:20 am <i>Holly</i>	<b>Indoor Cycling</b> 7-7:45 am <i>Donna</i>  <b>Yoga</b> 8-8:50 am <i>Lili</i>  <b>Zumba Gold</b> 9-9:50 am <i>Sheila</i>  <b>Strength Circuit</b> 10-10:50 am <i>Michele</i>  <b>Pilates</b> 11-11:50 am <i>Katharine</i>	<b>Indoor Cycle &amp; Strength</b> 7-7:45 am <i>Sheri</i>  <b>Yoga</b> 8-8:50 am  <i>Lili</i>  <b>Zumba Gold Toning</b> 9-9:50 am <i>Sheila</i>  <b>BLT</b> 10-10:55 am <i>Holly</i>  <b>6 pack Abs</b> 11-11:20 am <i>Holly</i>
<b>Cardio Circuit</b> 5-5:50 pm <i>Michele</i>  <b>Flow Yoga</b> 6:00-6:50 pm <i>Michele</i>	<b>Yoga</b> 4-4:50 pm <i>Lili</i>  <b>Ultimate Fitness Bootcamp</b> 5-5:50 pm <i>Holly</i>  <b>Full Body Stretch &amp; Flex</b> 6-6:20 pm <i>Holly</i>	<b>Step &amp; Strength</b> 5-5:50 pm <i>Michele</i>  <b>Flow Yoga</b> 6:00-6:50 pm <i>Michele</i>  <b>Zumba</b> 7:00-7:55 pm <i>Jenna</i>	<b>Ultimate Fitness Circuit</b> 5-5:50 pm <i>Holly</i>	<b>SATURDAY</b>  <b>Beginner Cycling</b> 8:00-8:45 am <i>Donna</i>  <b>Gentle Yoga</b> 9:30-10:30 am <i>Elaine</i>
<b>Tai Chi*</b> Advanced: 1-2:30 pm Beginner: 7-8:30 pm Advanced: 7-8:30 pm	<b>Tai Chi*</b> Beginner: 2-3:30 pm		<b>Tai Chi*</b> Beginner: 2-3:30 pm	

Closed on July 4, 2024. \*Tai Chi is not included in GEX combo. Schedule and class format subject to change.

Fees for the Group Exercise (GEX) classes are offered as a daily drop-in fee, or you can take advantage of the combo deal which allows you unlimited access to all GEX classes and the Fitness Center.

**Per Class, Per Day:** \$5/Rec Card; \$7/No Card. **Per Month:** \$30/Rec Card; \$45/No Card  
**GEX Class & Fitness Center Combo:** \$20/month with Fitness Center Membership (\$18/month or \$180/year with a Rec Card)

## Class Descriptions

**6-pack Abs:** Structured 20-minute class designed to target all your core muscles. Side effects: looking fit and strong!

**Beginner Cycle:** Have you ever wanted to try a cycle class but were worried you wouldn't know what to do? Now's your chance to learn on proper set-up and technique while also getting a great workout. Geared toward novice cyclists but all are welcome. 1st timers please arrive at least 10 minutes early.

**BLT:** Tighten those glutes, strengthen those legs, and firm up those abs with low impact exercises and resistance training to improve and lean out your muscles.

**CORE & Cardio:** This class is designed for all skill levels and includes 30 minutes of easy to follow, energizing yet low impact cardio exercises, followed by 20 minutes of solid core exercises.

**Cardio Drumming:** Cardio Drumming is an upbeat, energetic full body workout for all ages. Get ready to sweat, make noise, and release your inner rock star. This rock out/work out will have you lost in the music and feeling stronger than ever.

**Cardio Circuit:** Easy to follow low impact, nonstop movement and resistance training to challenge and train every major muscle group. Suitable for all fitness levels.

**Flow Yoga:** A Hatha style gentle flow of continuous movement easing you in and out of traditional asanas as you practice keeping your mind and body aligned. Designed to improve your body awareness, flexibility and strength.

**Full Body Workout:** This 50 minute workout consists of easy to follow warm-ups, cardio and strength training exercises. Classes conclude with a relaxing cool down stretch.

**Gentle Yoga:** This yoga class allows students to work from the foundation up highlighting detailed alignment for the body in order to accurately ease in and out of poses creating strength, balance, tone, and flexibility. From beginner to experienced students are welcome.

**Indoor Cycle & Strength:** Its as easy as riding a bike! This low impact class uses inspirational music to burn calories, strengthen your legs, core, and upper body (light weights), and ending with an active meditative cool down.

**Indoor Cycling:** This class will get your heart pumping while you burn some serious calories. Start pedaling today and let the music take you on an amazing ride along various terrains, speeds, and intensities. All levels are welcome. Remember to bring a towel and water bottle!

**Pilates:** Focusing on elongating of the muscles while also improving core strength, flexibility in the back and spine, balance in the body and postural control. All levels welcome!

**Step & Strength:** Improve your cardiovascular fitness with easy to follow movements. 25 minutes on a step, or on the floor, and another 25 minutes of compound strength exercises using body weight, dumbbells, balls, bands, and tubes.

**Strength Circuit:** From beginners to bodybuilders. Skip the weight room and work every muscle, large to small in this dynamic class that incorporates body weight, balance and strength exercises.

**Stretch, Move & Tone:** Deep stretching focused on lengthening and loosening tight muscles, improving circulation, relaxation, posture and increasing energy through a combination of rhythmic coordination, stability, flexibility & fun. Choreographed and taught by Arielle Giordano.

**Stretch & Flex:** Combines calm, controlled movements to improve flexibility, mobility, and range of motion.

**Ultimate Fitness Bootcamp:** This interval training workout utilizes a combination of strength and cardio exercises working towards building lean muscle, cardiovascular endurance, camaraderie and team effort.

**Ultimate Fitness Circuit:** Following a dynamic warm-up, you work at your own pace through two rounds of 12 stations that will challenge your agility, strength, coordination, balance, and cardio system. Each station consists of 1-minute of exercise followed by a 30-second recovery period. Class concludes with core exercises and a relaxing cool down.

**Yoga:** Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner-strength, and joint mobility. Please bring a yoga mat.

**Zumba:** A Latin-inspired dance fitness class for everyone. This cardio program that utilizes intermittent training through fun, easy dance moves that work the core muscles to help improve balance, stability, and movement.

**Zumba Gold:** This dance class is designed for both beginners and older active adults. It is easier than the basic Zumba class but just as fun with easy to follow moves for any age.

**Zumba Gold Toning:** The Zumba® Gold-Toning program offers the exhilarating experience of a Zumba Fitness-Party with the benefits of safe and effective strength training. It's an easy-to-follow, health-boosting, dance-fitness program for baby boomers as well as beginners.

