

March 2024 — Revised 3/11

Membership Aerobics

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:45am Cardio Fusion (Gym) Yvonne	8:30-9:45am Barre (Community Rm) Melanie	8:30-9:30am Workout Warriors (Gym) Cathy		8:30-9:45am Cardio Fusion (Gym) Yvonne	8:45-9:45am Zumba (Community Rm) Melanie
	9:00-9:45am Barre Beats (Studio A) Kelly		9:00-10:00am Zumba (Studio A) Yvonne		10:00-11:00am Decompress (Studio A) Yvonne
10:00-11:00am Forever Fit (Studio A) Lorraine	10:00-11:00am Zumba (Studio A) Cathy	10:00-11:00am Forever Fit (Studio A) Lorraine	10:15-11:00am Butts & Guts (Studio A) Kelly	10:00-11:00am Zumba (Studio A) Lynn	Please note: MARCH 1ST— CARDIO FU- SION (SUB LORRAINE MARCH 1ST— DECOMPRESS — CANCELLED MARCH 18TH— MONDAY SILVER SNEAKERS CLASSIC STARTS MARCH 20TH— SILVER SNEAKERS (SUB CAROLYN) MARCH 22ND— SILVER SNEAKERS (SUB CAROLYN) MARCH 23RD— ZUMBA- (SUB YVONNE) MARCH 27TH— WORKOUT WARRIORS— CANCELLED MARCH 28TH— ZUMBA- (SUB MELANIE)
11:15-12:00pm Basic Hatha Yoga (Community Rm) Lorraine	11:15-12:00am Slow Flow Yoga (Studio B) Cathy	11:15-12:00pm Basic Hatha Yoga (Studio B) Lorraine	11:15-12pm Barre (Community Room) Melanie	11:00-12:00pm Decompress (Studio B) Yvonne	
11:15-12:15pm Silver Sneakers Classic (Studio A) Melanie	11:15-12:15pm Silver Sneakers Classic (Community Rm) Melanie	11:15-12:15pm Silver Sneakers Chair Yoga (Community Rm) Melanie		11:15-12:15pm Silver Sneakers Classic (Community Rm) Melanie	
5:30-6:30pm Barre (Community Rm) Melanie	5:30-6:30pm Zumba (Community Rm) Kristy	5:30-6:30pm Zumba (Community Rm) Melanie	5:30-6:30pm Zumba (Community Rm) Kristy		

**Basic classes included with membership or by purchasing a day pass to the facility.*

**Check in at the front desk for a class ticket, Tickets are available one hour prior to the class start time. Space is limited. Please arrive on time, No entrance to class once it begins.*

FOREVER FIT

This class is more challenging than Silver Sneakers but not as intense as Hi/Low aerobics and is perfect for beginners, intermediate, and active older adults who want to get a safe yet effective cardio workout that also offers strengthening and stretching. Come get fit and have some fun!

CARDIO FUSION

This class combines the benefits of a cardio workout, strength training and flexibility training into the perfect group fitness class. With a focus on strengthening your spirit, mind and body.

SILVER SNEAKERS CHAIR YOGA

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

SILVER SNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

ZUMBA

Zumba and Zumba Gold can be modified to your individual fitness level. These classes are a fusion of Latin and international music/dance themes that create a dynamic, exciting and fun class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

CARDIO FIT

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

BASIC HATHA YOGA

Hatha Yoga combines stretching and strengthening while improving stability. Enjoy this gentle 45-minute class sure to bring balance of mind, body, and spirit.

DECOMPRESS

Increase your flexibility, range of motion, stabilization, and posture with static and dynamic stretching which will decompress the spine and increase mobility, teaching (or re-teaching) the body to move the way it was designed. Also strengthen your core muscles with exercises developed to improve your posture and stability. This class is ideal for all bodies - either to compliment a workout routine or to help release the body from lack of movement (i.e. sitting at a desk all day).

TOTAL BODY CONDITIONING

TBC is a full-body workout that is designed to increase strength, mobility, stability, endurance, cardiovascular fitness and sporting performance.

BARRE BEATS

Barre Beats combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun while rocking to popular tunes for an intense and accessible muscular-endurance workout that can be modified for everybody.

WORKOUT WARRIORS

Want to avoid the health problems and complications associated with muscle loss? Become a Workout Warrior to gain balance for preventing falls, strengthen bones, build muscle and improve your quality of life. Using a variety of workout equipment like free weights, resistance bands, stability balls as well as body weight, participants will work to improve strength and balance along with a relaxing cool down/stretch. This class is great for beginners as well as seasoned fitness enthusiasts.

SLOW FLOW YOGA

Slow flow yoga is a combination of Vinyasa Flow and Hatha Yoga, with fewer transitions than Vinyasa Yoga and more flow than Hatha Yoga. Slow Flow provides more meditative and calming effects of a slow flow class, while continuing to reap the benefits of improved strength, balance, and flexibility.

BARRE

It is a toning, strength class with small controlled movements, using light weights and body weight resistance. Also along with yoga, Pilates and ballet sculpting and core strengthening.