

## [Aerobics Class Schedule]

**Winter 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a	FITT (2)		FITT (2)		FITT (2)	
8:30 a		Core and More (2)	Yoga (1)	Core and More (2)		
9:00 a	Yoga I/II/III (2)	VariYoga (1) Focus on Strength (G)	Yoga I/II/III (2)	Focus on Strength (G) Beg Tai Chi (1) (9:15)	Yoga I/II/III (1)	PiYo Freestyle (1)
10:00 a	Zumba (1) Circuit Circus (2)	SS Chair Yoga (2)	Circuit Circus (2)	SS Chair Yoga (2)	Zumba Gold (1)	
11:00 a	Tabata Time (2)	Chair Yoga Level II (2) Arthritis Fitness (1)	Tabata Time (2)	Chair Yoga Level II (2) Arthritis Fitness (1)	Seniors in Control (2)	
12:00 p	Classic (2)	SS Circuit (2)	Classic (2)	SS Circuit (2)		
12:30 p	Tai Chi Advanced (1)		Tai Chi Advanced (1)			
1:00 p		Parkinson's Class (2)		Parkinson's Class (2)		
4:00 p	Focus on Strength (G)		Focus on Strength (G)		Focus on Strength (G)	
5:00 p		Focus on Strength (G)		Focus on Strength (G)		
5:30 p	Yoga (1)	Boot Camp (2)	PiYo Progression (1)	Boot Camp (2)		
6:00 p	On the Ball (2)		On the Ball (2)			

**(1)- Group Exercise Room 1    (2)- Group Exercise Room 2    (G)- Gym**

**\*\*See back for descriptions of classes\*\***

<b>Boot Camp</b>	Weight Based group fitness class that is tailored to the participants with a focus on strength, cardio, and core. <b>\$20/month</b> <b>Instructor: Brooke</b>
<b>Circuit Circus</b>	Interval training with a fun twist. Circuit Circus will offer a variety of great Tabata workout approaches using many of our favorite pieces of equipment. This is a great class to increase core strength, enhance balance and coordination. Moderate to intense workout. <b>\$20/month</b> <b>Instructor: Shari</b>
<b>Classic</b>	Silver Sneakers class focusing on range of motion and muscular strength. <b>\$20/month</b> <b>Instructor: Courtney</b>
<b>FIT</b>	Involves building of all major muscle groups while incorporating moderate cardio throughout the class time. <b>\$25/month</b> <b>Instructor: Donna</b>
<b>Focus on Strength</b>	Small group personal training designed to offer you a personalized strength routine using machines and free weights. <b>MWF \$60/ TTH \$50/ month</b> <b>Instructor: Isaac</b>
<b>Yoga I/II/III</b>	This class introduces the fundamentals of Yoga including breath control, proper alignment, mindfulness, as well as improving flexibility. Class is useful for building strength and working around injuries. Modifications and chair options will be offered. <b>\$20/month</b> <b>Instructor: Shari</b>
<b>Parkinson Class</b>	This class is designed to help with the balance, strength, and coordination challenges that individuals living with Parkinson's Disease face. <b>\$25/month</b> <b>Instructor: Blake</b>
<b>On the Ball</b>	Use the stability ball, Pilates ball, Bosu, free weights, medicine ball to develop a stronger core w/ functional fitness, balance, strength and agility. Develops a great appreciation for learning new and challenging ways to utilize our own body as resistance. Everyone is challenged at their own level of fitness. This is a wonderful opportunity to learn all the different ways to 'play' w/ the free standing tools in the gym and studio... <b>\$20/month</b> <b>Instructor: Shari</b>
<b>PiYo Freestyle</b>	Incorporate the benefits of both Pilates and Yoga. Utilizing both disciplines promotes balance and stability while building a firm core and increasing flexibility. <b>\$15/month</b> <b>Instructor: Brooke</b>
<b>PiYo Progression</b>	Utilizing the shared benefits of Pilates and Yoga, this class is scheduled to progress you through 12 levels over the course of a year. <b>\$15/month</b> <b>Instructor: Brooke</b>
<b>Tabata Time</b>	Utilizes short and high intensity intervals. Tabata Time is a fast paced HIIT (High Intensity Interval Training) protocol utilizing short and high intensity intervals typically consisting of 20 seconds 'on' and 10 seconds 'recovery'. Perfect for a lunch time work out! <b>\$20/month</b> <b>Instructor: Shari</b>
<b>SS Circuit</b>	Total body blast! You'll have a ball in the class; a Bosu ball, stability ball and more. This class will rotate between cardio and strength training while incorporating some floor work. A great class to work the whole body at an upbeat tempo. NOT for a beginning exerciser <b>\$20/month</b> <b>Instructor: Kristen</b>
<b>SS Chair Yoga</b>	This chair based class is gentle enough for anyone. During class, opportunities are provided for standing. This class will help maintain your range of motion, improve balance, reduce stiffness and teach you technique for relaxation and breathing. <b>\$20/month</b> <b>Instructor: Kristen</b>
<b>Tai Chi</b>	A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. As a system of physical exercise used to improve and maintain health, t'ai chi can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems. <b>\$20/month</b> <b>Beginning: Kristen / Advanced: Robert</b>
<b>Chair Yoga Level II</b>	While this class starts in a chair to allow modification, it quickly progresses to standing poses, followed by time on the mat. This is a great class for those that want more than chair yoga but find a typical yoga class difficult due to pain or injury. <b>\$20/month</b> <b>Instructor: Kristen</b>
<b>VariYoga</b>	This class is accessible and adaptable for anyone. Learn poses to help your back, improve balance, improve flexibility, improve sleep and learn techniques to relax. <b>\$25</b> <b>Instructor: Kristen</b>
<b>Yoga</b>	Iyengar style yoga focuses on each pose's proper physical alignment and therapeutic effects. These classes are designed to improve flexibility, posture, and other areas of the body. <b>\$25/month</b> <b>Monday- Cindi / Wednesday- Susan D.</b>
<b>Zumba Gold</b>	Latin dance style class, geared for our senior population, sure to get your blood flowing. <b>\$25/month</b> <b>Instructor: Andrea</b>
<b>Core &amp; More</b>	Who needs a strong <b>core</b> ? In this 30-minute class (participants will stand and do floor work) hand weights, bands and body-weight exercises will focus on strengthening the core muscles which are the body's center of power. <b>\$20/month</b> <b>Instructor: Donna Prenger</b>