



GROUP EX MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Yoga Payal Studio	8:30-9:30am Yoga Payal Studio	9-9:55am Cardio Fit Jeanine Studio	9:00-10:00am Pilates* Maryna Studio	8:55-9:55am Yoga Nancy Studio	8:00-8:45am Aqua Bootcamp Elena Pool	8:00-9:00am Water Aerobics Greg Pool
9:30-10:15am Aqua Fit Elena Pool	9:30-10:30am Zumba Sirvidya Studio	9:15-10:00am Aqua Splash Betty Pool	10:00-11:00am Cardio Kickboxing Lori Studio	9:30-10:25am Senior Spin Betty Cycle Studio	8:55-9:55am Yoga Nancy Studio	8:55-9:55am Yoga Nancy Studio
10:00-10:50am Spin Monica Cycle Studio	10:30-11:30am Silver Sneaker Classic Chistyna Studio	10-10:55am Chair Yoga Nancy Studio	10:00-10:45am Aqua Sculpt Elena Pool	10-10:55am Zumba® Jeanine Studio	10-11:00am Chair Yoga Nancy Studio	10:00-11:00am Cycle Nancy Cycle Studio
10:30-11:30am Forever Fit Elena Studio		11:30-12:15pm Forever Fit Elena Studio		9:30-10:30am Aquacise Elena Pool	11-11:55am Group Cycle Debbie Cycle Studio	10:00-11:00am Cardio Fit Jeanine Studio
	5:00-5:45pm Aqua Fit Christyna Pool	6:30-7:30pm Yoga Kerine Studio	5:00-5:45pm Aquacise Nik Pool			9-9:55am Boot Camp Giovanni Gym 2
6:30-7:30pm Tai Kick Lori Studio	6:30-7:30pm Zumba® Jeanine Studio	6:30-7:30pm HIIT Giovanni Function Zone	6:30pm-7:30pm Yoga Kara Studio			10-10:55am Zumba® Srividya Studio
7:30-8:30pm Zumba Gina Studio	7:00-8:00pm Group Cycle Debbie Cycle Studio	6:30pm-7:30pm Group Cycle Debbie Cycle Studio	7:30-8:30pm Cardio Kickboxing Debbie Studio			



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Group Exercise Rules

| Minimum age to attend classes is 12 years old, unless otherwise stated | Please arrive to class on time—do not enter more than 15 minutes after the class start time.
Proper clothing and footwear are required | Bring your own mat | Turn cell phones to silent
See instructor for specifics about the class

Class Descriptions

Boot Camp—A challenging circuit structured workout designed to improve cardiovascular endurance, muscular strength & endurance, coordination, and agility. Modifications offered for all fitness levels.

Cardio Fit—A great full body low-impact cardiovascular workout for all fitness levels.

Cardio Kickboxing—An aerobic workout including boxing and martial arts moves. A great total body workout that can improve strength, cardiovascular endurance, flexibility, coordination, and balance.

Chair Yoga—A gentle form of yoga that is practiced sitting on a chair or standing using a chair to help those with mobility issues. It helps to stimulate physical and mental well being by reducing stress and improving mental clarity, flexibility and strength.

Dance Jam—Sweat to the beat in this high intensity mixed dance style aerobics class!

Fit for Life—Increase your cardiovascular endurance, muscle strength, and flexibility in a class designed to allow participants to establish their own goals so that people of all fitness levels are welcome.

Forever Fit—A community-based recreational exercise program developed by the Arthritis Foundation. Our trained AFEP instructor leads a variety of range-of-motion, endurance-building and balance exercises.

Group Cycling—Be ready to get your sweat on! We'll motivate and guide you on a high energy indoor ride! You can work at your own individualized level by adjusting the tension on the bike. Limited to 6 participants per class.

Pilates—A body conditioning routine that helps build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. Emphasis is on spinal and pelvic alignment, breathing and developing a strong core and improves coordination and balance.

Tai Chi—An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation and health.

Total Body—This class will include lower body, upper body and core strength segments that will strengthen and tone your total body!

Yoga—Build a strong body, mind, & spirit. This class incorporates poses and breathing exercises to improve posture, flexibility, balance, and energy levels.

Zumba®—Come join our party! Perfect for everybody and every body! Zumba® class mixes low and high intensity dance moves for an interval-style, calorie-burning dance fitness party to Latin and International beats.

Slimnastics— A blend of shallow and deep and a focus on mobility and range of motion with cardio mixed in

Deep Water— focusing on movement and mobility in deep water

Aqua Sculpt— targeting specific zones and cardio, a blend of deep and shallow