



GROUP EX

February 6th–April 8th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00–10:00am Yoga Payal Studio	8:30–9:30am Yoga Payal Studio		9:15–10:10am Pilates* EJ Studio	8:55–9:55am Yoga Nancy Studio	9–10:00am Yoga Nancy Studio	8–8:45am Free Style Spin Nancy Group Cycling
9:30–10:30am Aquacise Elena Pool	9:30–10:30am Zumba Sirvidya Studio	9–9:55am Cardio Fit Jeanine Studio	10:15–11:10am Zumba EJ Studio	10–10:55am Zumba Jeanine Studio	10–11:00am Chair Yoga Nancy Studio	8:00–9:00am Water Aerobics Greg Pool
10:30–11:30am Forever Fit Elena Studio	10:30–11:30am Silver Sneakers Classic Christnya Studio	10–10:55am Chair Yoga Nancy Studio	11:30–12:30pm Aquacise Christnya Pool		11–11:55am Group Cycle Debbie Group Cycling	8:55–9:55am Yoga Nancy Studio
			5:30–6:30pm Cardio Kickboxing Debbie Studio			9–9:55am Boot Camp Giovanni Function Room
6:30–7:30pm Tai Kick Lori Studio	6:30–7:30pm Zumba Jeanine Studio	6:30–7:30pm HIIT Giovanni Function Room	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 Group Cycling	6:30pm–7:30pm Group Cycle Debbie Group Cycling	7:30pm–8:30pm Zumba Sobhanna 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.

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.

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
Silver Sneakers Classic

HITT— HITT stands for high intensity interval training. This class incorporates several rounds of exercise of high intensity exercises with small breaks in between rounds. This class is a blend of cardio and weight training exercises.

Silver Sneakers Classic— This class focuses on strengthening muscles and increasing range of movement for daily life activities. Dumbbells, tubes, bands, and chairs are utilized for the exercises in this class.

Tai Kick— This class combines elements of dance and Tai Chi. It's a high energy class that is appropriate for all fitness level. It's a great way to learn a bit about martial arts while burning calories and having fun at the same time.