

GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am	Stability Ball Challenge 8:00am - 8:45am	Zumba 7:30am - 8:30am	Solid Weight Training 8:30am - 9:00am	Zumba 7:30am - 8:30am	Cardio Step 8:45am - 9:45am
All Level Yoga 9:00am - 10:00am	Sit & Fit 9:30am - 10:30am		Chair Yoga 9:30am - 10:30am		Solid Weight Training 9:50am - 10:20am
Water Aerobics 10:00am - 11:00am	Aqua Yoga 10:00am - 11:00am	Water Aerobics 10:00am - 11:00am	Aqua Yoga 10:00am - 11:00am	Water Aerobics 10:00am - 11:00am	Stretch 10:25am - 10:55pm
Oncology Chair Yoga 10:15am-11:00am	Tai Chi 11:30am - 12:30pm	Yoga for Sports 10:30am - 11:30am	Stretch w/ Yoga Infused 10:45am - 11:45am	Pilates 10:15am - 11:15am	Barre 11:00am - 12:00pm
				Tai Chi 12:00pm - 1:00pm	
	Cardio Step 3:45pm - 4:30pm		Cardio Step 3:45pm - 4:30pm		
Fitness Fusion 5:30pm - 6:30pm	Solid Weight Training 4:30pm - 5:00pm	Traditional Pilates 5:30pm - 6:30pm			

<i>*Fee based classes are highlighted</i>	Class Descriptions
All Level Yoga	Basic Yoga Postures & Positions to Strengthen your Core & Stretch Muscles.
Stability Ball Challenge	A Fun and Challenging Class using the Stability Ball; Work Your Whole Body.
Barre	A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training.
Cardio Step/ Low Impact	A Cardio-Vascular Workout Using the Step (60 mins on Sat).
Chair Yoga	Interactive Yoga Poses Performed in a Chair.
Pilates	A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment.
Traditional Pilates	A Low Impact Class to Improve your Balance and Mobility while Strengthening your Core.
Sit & Fit	A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation.
Oncology Chair Yoga	Uses gentle yoga practices to address the effects of Cancer pain and treatment.
Solid Weight Training	A Fun Free-Weight Resistance Workout set to Music.
Stretch w/ Yoga Infused	Create & Maintain Flexibility in Joints & Connective Tissue.
Fitness Fusion	Total Body Workout Incorporating a Variety of Exercises to Change Up Your Workout.
Stretch	Aimed to Relax & Increase Flexibility.
Tai Chi	A Gentle Form of Fluid Exercise that Develops Strength, Balance & Flexibility.
Yoga for Sports	A Combination of Yoga Poses, Toning with Weights, and Stretches Designed for Athletes.
Zumba	An Energetic Cardio-Vascular Workout using Various Dance Steps.
Water Aerobics	A Low Impact Cardio-Vascular & Strength Training Workout in the Pool; Seasonal.
Aqua Yoga	Includes a Variety of Postures, Consistent Breathing Exercises, Mindful Meditations, & Deep Relaxing Techniques; Seasonal.