

# GROUP FITNESS CLASS SCHEDULE

To take a class, check-in at the front desk and pay the drop-in fee or scan your punch pass to receive a class pass. Take the class pass to the instructor. Class passes are given on a first-come first-serve basis.

Group fitness classes are for members 15+

Guests are welcome to join by paying the guest and class drop-in fees at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TOTAL BODY</b> Aerobics Studio 6:15 - 7:45 AM	<b>BODY SCULPT</b> Aerobics Studio 6 - 7 AM	<b>SPIN</b> Aerobics Studio 6-7 AM	<b>BODY SCULPT</b> Aerobics Studio 6 - 7 AM	<b>YOGA HEALTH &amp; VITALITY</b> Aerobics Studio 9:45 - 11 AM	<b>POWER HOUR</b> Aerobics Studio 9 - 10 AM
<b>BALANCE</b> Aerobics Studio 8 - 8:45 AM	<b>CRANK IT UP FITNESS</b> Basketball Gym 8 - 9 AM	<b>TOTAL BODY</b> Aerobics Studio 8 - 9:15 AM	<b>CRANK IT UP FITNESS</b> Basketball Gym 8 - 9 AM	<b>TABATA</b> Free Zones 12 - 12:55 PM	
<b>YOGA HEALTH &amp; VITALITY</b> Aerobics Studio 9:45 - 11 AM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 8:30 - 9:30 AM	<b>YOGA HEALTH &amp; VITALITY</b> Aerobics Studio 9:45 - 11 AM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 8:30 - 9:30 AM		<b>BOXING CARDIO</b> Basketball Gym 1:15 - 2:15 PM
<b>SENIOR DANCE FITNESS</b> Aerobics Studio 11:15 - 12:15 PM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 9:30 - 10:30 AM	<b>SENIOR DANCE FITNESS</b> Aerobics Studio 11:15 - 12:15 PM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 9:30 - 10:30 AM		
<b>PURE PILATES</b> Aerobics Studio 6 - 7 PM	<b>SPIN</b> Aerobics Studio 12- 1 PM		<b>SPIN</b> Aerobics Studio 12- 1 PM		
	<b>CORE VINYASA YOGA</b> Aerobics Studio 6 - 7 PM		<b>CORE VINYASA YOGA</b> Aerobics Studio 6 - 7 PM		

## Group Fitness Class pricing

\$4 drop-in fee per class

\$40 for 15-class punch pass

\$75 for 3 month unlimited punch pass

50% discount for all members over 50

Updated 8/15/2024

Schedule subject to change.

Current schedule posted on our

website



Tell us what you think about group fitness classes, current and future!



### **Boxing Cardio**

This 60-minute class will give you a great cardio and strength workout. Begin with 15-minute calisthenics, then 3-minute rounds that include basic boxing combinations following a 1-minute active rest. The last 15- minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

*Location: basketball gym*

### **Yoga Health & Vitality**

A fun, eclectic yoga practice designed to rejuvenate the body, quiet the mind, and cool the emotions. Increase strength, flexibility and vitality, while reducing stress, tension and anxiety. Emphasis is on alignment and safety. No yoga experience necessary. All ages welcome.

*Location: 2nd floor aerobics studio*

### **Crank It Up Fitness**

Looking for a fun way exercise? All fitness levels are invited to join! This class includes everything: cardio, weights, core training and a relaxing stretch. Class includes intervals combined with active recovery designed to train the body for improved performance and calorie burning.

*Location: basketball gym*

### **Tabata**

Tabata is a fun and innovative HIIT workout with a two-to-one work-to-rest ratio. it is designed to elevate your heart rate to an anaerobic zone and give the body a short window to recover. By pushing your body into the anaerobic zone, you burn more calories both during and after your workout. (45 minutes HIIT and 10 minutes optional cool-down and stretch)

*Location: Free Zone 1*

### **Power Hour**

If you are looking for a class to even out your workout schedule, join us for Power Hour! This bootcamp-style high intensity class is full of muscle toning and heart racing interval training.

*Location: 2nd floor aerobics studio*

### **Body Sculpt**

Looking for strength straining without machines? This high-repetition, light dumbbell workout will take you through a variety of full-body and abdominal exercises while moving to the beat of the music! With consistent attendance, you'll improve muscle tone, posture, balance, and strength. It's a full-body workout that provides full-body results!

*Location: 2nd floor aerobics studio*

### **Senior Modified Fitness**

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

*Location: 2nd floor aerobics studio*

### **Balance Class**

Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles.

*Location: 2nd floor aerobics studio*

### **Spin**

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

*Location: 2nd floor aerobics studio*

### **Total Body**

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes are split into two parts; join us for one half, or both!

**Motivated Mondays 6:15-7 strength/7-7:45 cardio  
Wednesday 8-9 stretch/9-9:15 flex**

*Location: 2nd floor aerobics studio*

### **Core Vinyasa Yoga**

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind.

*Location: 2nd floor aerobics studio*

### **Pure Pilates**

Pure Pilates is a strictly mat class focused on core strength. This class is designed for intermediate to experienced levels, but all levels of skill and fitness are welcome!

*Location: 2nd floor aerobics studio*

### **Senior Dance Fitness**

Bored with the treadmill? Need a new way to stay in shape? Try out Senior Dance Fitness. There is absolutely no experience required to take this class!

*Location: 2nd floor aerobics studio*