Group Exercise Class Descriptions 2020

**AEROBICS** – A low impact. beginning to intermediate level aerobics class packed with fun choreography.

**BEYOND LIMITS**- Not limiting to just Parkinson's, and Alzheimer's, our BEYOND LIMITS Exercise Program is a fitness program designed to empower people diagnosed with brain diseases, by optimizing their physical function and helping to delay the progression of symptoms. The goal of this program is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs. Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.

BODY CONDITIONING – Classes are comprised of combinations of strength and metabolic conditioning exercises, including bodyweight exercises, weightlifting movements using kettlebells and dumbbells, running, and rowing. There are no prerequisite fitness levels or abilities, and we scale the workouts for every fitness level.

**CHI TRAINING** – A practice of aligning body, breath, and mind for health, meditation, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as "life energy." **CORE** – This abs and back class focuses on enhancing functional core strength and stability.

**CIRCUIT** – Alternating between cardio, core and strength stations, performing exercises at 45 secs of work, with 15 secs rest at each station.

**CYCLE** – An intense workout, done on stationary bikes. It's low-impact, but high calorie burning. You can manage the resistance you apply to your bike, to build endurance. All while simulating hills and flat rides, pedal at varying speeds and resistance.

**FULL BODY STRENGTH** — Challenge your muscles using hand-held weights and bands in this total body, simple, easy to follow strength &conditioning class.

**FUNCTIONAL FLEXIBILITY** – Conditioning and releasing muscle tension through various methods, while using props.

**GROUP POWER®** – A full body, high rep weight training workout. Using a barbell, weight plates, and body weight set to dynamic music and a motivating group atmosphere to make you sweat!

**GUIDED VISUALIZATION** – This form of deliberate and directed daydreaming is a powerful, time-honored method for understanding yourself, healing your body and mind, and maintaining your overall well-being.

**HIGH FITNESS** —Think Old School Aerobics meets HIIT training. A sweaty blast Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow fitness choreography with Interval training moves

**LEGS, BUMS & TUMS**— LBT targets the common problem areas, incorporating a mixture of abdominal, legs, thigh, and glutes exercises. A conditioning class focusing on re-shaping the lower body.

**LONGEVITY**- Functional Movement to Increase Mobility, Agility, Coordination and Strength for High-Functioning Active Older Adults. \*\*SPACE IS LIMITED TO 12 PEOPLE\*\* Come early. Must be able to comfortably get up and down from the floor.

**PILATES** – Pilates improves flexibility, builds strength, and develops control and endurance in the whole body. Members must master Pilates I class prior to attending Pilates II.

**PILATES/YOGA FUSION** – Pilates fusion works the body through techniques derived from Yoga, Pilates, and Ballet Bar to create a unique flow of strengthening, lengthening and stretch for a complete core experience

**STRETCH & RESTORE** – S&R is a unique class that inspires relaxation and empowerment for self-care. In addition to traditional stretch movements, classes include the use of massage balls, foam rollers, and straps, to perform self– myofascial release techniques. Understanding that one's own body and its areas of tension are important first steps towards better self-care and overall health.

**STRENGTH AND BALANCE**- A dynamic combination of strength development and cardiovascular conditioning for the active older adult without the impact on the joints. You will use equipment such as dumbbells, tubing, and bodyweight. Exercises are performed standing and seated.

STEP – Learn the basics or simply enjoy a great workout that is geared towards the beginning to intermediate exerciser.

**TOTAL HIIT**- Total HIIT is the best combination of cardiovascular, and strength exercises with high intensity training. High Intensity Interval Training (H.I.I.T.) is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.

**HATHA YOGA** – Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching-focused class with some basic pranayama breathing exercises and perhaps a seated meditation at the end. Hatha classes are a good place to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility.

**INTEGRAL KRIYA YOGA** - Kriya Yoga is so effective because it works directly with the source of growth- the spiritual energy deep in our spines. One half-minute of revolution of energy around the sensitive spinal cord of man effects subtle progress in his evolution; that half-minute of Kriya equals one year of natural spiritual unfoldment

**MILITARY**— **VET YOGA**—This wonderful program is offered to all current and former service members. Individuals who attend these classes build strength, stability, and flexibility, which quickens recovery and builds resilience.

**MINDFUL YOGA** – Mindful Yoga is different than many traditional yoga practices in that there is less of a focus on the exact posture achieved and more focus on body/mind awareness.

**VINYASA FLOW** –This power flow class can incorporate more challenging postures and core work. Come to this class prepared to work out your body and your mind as theming, music, and adjustments will be offered. Have fun while you build your strength, flexibility, and endurance.

**ZUMBA®** – Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.



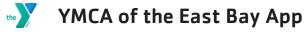
## **Group Fitness Schedule**

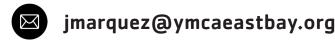
**March 2020** 

# BE HEALTHY BE STRONG BELONG









#### **GROUP FITNESS STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–6:55AM  GROUP POWER®  Richelle	6–6:55AM HIGH FITNESS Kelli/Aly	6–6:55AM  GROUP POWER®  Richelle	8–8:55AM ZUMBA® Chandra	6–6:55AM  GROUP POWER®  Richelle	9–9:55AM HIGH FITNESS Kelli/Aly	10–10:55 <b>ZUMBA</b> ® Judi
8–8:55AM FULL BODY STRENGTH Diogo	8–8:55AM <b>ZUMBA</b> ® Beatriz	8–8:55AM FULL BODY STRENGTH Diogo	9–9:55AM FULL BODY STRENGTH Shelly	8–8:45AM Stretch & Restore Staff	10–10:55AM <b>ZUMBA®</b> Priscilla	
9–9:55AM AEROBICS Stacey	9–9:55AM FULL BODY STRENGTH Shelly	9–9:55AM AEROBICS Stacey	10–10:55AM GROUP POWER Stacey	9–9:55AM AEROBICS Stacey		
10–10:55AM <b>ZUMBA</b> ® Megan	10–10:55AM  GROUP POWER®  Stacey	10–10:55AM <b>ZUMBA</b> ® Saejin	11:15AM–12PM STRENGTH & BALANCE Aubrey	10–10:55AM STEP/CORE Stacey		
11:15–12PM STRENGTH & BALANCE Staff	11:15AM–12PM STRENGTH & BALANCE Aubrey	11:15–12PM STRENGTH & BALANCE Mehran	5–5:55PM TOTAL HIIT Lucy	11:15–12PM STRENGTH & BALANCE Staff		
5–5:25PM HIIT Lauren	5–5:55PM TOTAL HIIT Lucy	12–12:45PM CHI TRAINING Mehran	6–6:55PM HIGH FITNESS Kelli/Aly	6:30–7:25PM <b>ZUMBA</b> ® Trina		
5:30–6:25PM GROUP POWER Nicole	7–7:55PM <b>ZUMBA</b> ® Saejin	5–5:25PM LEGS, BUMS & TUMS Meghan	7–7:55PM <b>ZUMBA TONE®</b> Beatriz			
7:30–8:25 PM ZUMBA® Trina		5:30–6:25PM GROUP POWER® Stacey				
		7:30–8:25PM <b>ZUMBA</b> ® Beatriz				

#### **SPECIALTY CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9–10AM	5:30-6:30AM	9–10AM	5:30-6:30AM	5:30-6:30AM	9:15-10:15AM
Body Conditioning					
Julien	Gina D.	Gina D.	Julien	Julien	Cameron/Saundra
10-11AM	9–10AM	10-11AM	9–10AM	9–10AM	
CIRCUIT	Body Conditioning	CIRCUIT	Body Conditioning	Body Conditioning	
Saundra	Gina D.	Jasmine	Gina D.	Julien	
10:30-11:15AM	10:30-11:15AM	10:30-11:15AM	10:30-11:15AM	10-11AM	
LONGEVITY	LONGEVITY	LONGEVITY	LONGEVITY	CIRCUIT	
Diogo	Gina D.	Gina D.	Gina D.	Saundra	
Space is limited					
5:30 - 6:30PM	5:30-6:30PM		5:30-6:30PM		•
Body Conditioning	Body Conditioning		Body Conditioning		
Lauren	Jasmine		Jasmine		

**Body Conditioning:** meets on Sport Court Circuit: meets in the Open Studio **Longevity:** meets in the CrossFit Studio

#### **MIND BODY STUDIO**

**SUNDAY** 

MILITARY VET

88

9-10AM

YOGA

Kelly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:45AM	7-7:45AM	8-8:45AM	7–7:45AM	8-8:55AM	8:30-9:25AM
CORE	STRETCH &	STRETCH & RESTORE	STRETCH & RESTORE	VINYASA FLOW	PILATES/
Jasmine	RESTORE	Wenlan	Rochelle	YOGA	YOGA FUSION
	Rochelle			Level II/III	JoAnn
				Sherry	
10-10:55AM	8-8:55AM	9:15-9:45AM	8-8:55AM	9:15-9:45AM	9:30-11AM
MINDFUL YOGA	PILATES II	CORE	PILATES II	CORE	GENTLE YOGA
Gina	Teresa	Jasmine	Teresa	Sherry	JoAnn/Maxine
11–11:55AM	9–9:55AM	10-10:55AM	9–9:55AM	10-10:55AM	,
GUIDED	PILATES I	HATHA YOGA	PILATES I	DEEP FLOW YOGA	
VISUALIZATION	Eibleis	Level II	Eibleis	Level II/III	
Gina		Wenlan		Sherry	
*Teen Center					
12-12:55PM	10-10:55AM	12-12:55PM	10-10:55AM	6:30-7:25PM	
HATHA YOGA	HATHA YOGA	HATHA YOGA	VINYASA YOGA	INTEGRAL KRIYA	
Level I/II	Level I/II	Level I	Level I/II	YOGA	
Wenlan	Linda	Wenlan	Amy	Donna	
6-6:55PM	12-12:55PM	5:30-6:25PM	12-12:55PM		
PILATES/	MINDFUL YOGA	GENTLE HATHA YOGA	MINDFUL YOGA		
YOGA FUSION	Gina	Annika	Gina		
Annika <b>22</b>	8	8	8		
7–7:55PM	5:30–6:15PM	6:30-7:25PM	5:30-6:15PM		
HATHA YOGA	CORE	PILATES/	CORE		
Level I/II	Lauren	YOGA FUSION	Lauren		
Wenlan		Annika			
	6:20-6:55PM		6-7PM		
	STRETCH &		GUIDED		
	RESTORE		VISUALIZATION		
	Jo		Gina		
			*Teen Center		
	7–8:15PM		6:20-6:55PM		
	MINDFUL YOGA		STRETCH & RESTORE		
	Gina		Lauren		
		-	7–8:15 PM		
			MINDFUL YOGA		
			Gina		
				4	

### **CYCLE STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15–6AM CYCLE Irma	5:45–6:25AM CYCLE Michelle	5:15–6 AM CYCLE Irma	5:45–6:25AM CYCLE Michelle	5:15–6AM CYCLE Irma	10:30–11:25AM CYCLE Staff/ Imelda
6–6:55PM INTRO CYCLE Karen	10:30–11:25AM <b>CYCLE</b> Julien		10:30–11:25AM CYCLE Julien		
	5:30–6:15 PM CYCLE H I I T Kelly		5:30–6:15PM CYCLE HIIT Kelly		

<sup>\*</sup>All Cycle classes will vary in intensity depending on the routine.







