

# GROUP EX | JANUARY SCHEDULE

\*Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9am Vinyasa Yoga</b> with Karen / Dianne in GroupEx Studio	<b>6am Strengthen</b> with Vicki in GroupEx Studio	<b>6am Total Body</b> with Vicki in GroupEx Studio	<b>6am Strengthen</b> with Vicki in GroupEx Studio	<b>6am Spin</b> with Lorry in Spin Studio	<b>6am Strengthen</b> with Vicki in GroupEx Studio	<b>9am Spin</b> with Matt in Spin Studio
<b>10am Spin</b> with Stephanie in Spin Studio	<b>8am Shallow Water</b> with Helen in Aquatics Center	<b>8:30am Strengthen</b> with Kelly in GroupEx Studio	<b>8am Shallow Water</b> with Sharon in Aquatics Center	<b>8:30am Body Basics</b> with Jen / Vicki in GroupEx Studio	<b>8am Shallow Water</b> with Helen in Aquatics Center	<b>10am Total Body</b> with Jen in GroupEx Studio
<b>10am Hatha Yoga</b> with Dianne in GroupEx Studio	<b>8:30am Light Dumbbells</b> with Vicki in GroupEx Studio	<b>9am Shallow Water</b> with Helen in Aquatics Center	<b>8:30am Intervals</b> with Kelly in GroupEx Studio	<b>9am Shallow Water</b> with Sharon in Aquatics Center	<b>8:30am Light Dumbbells</b> with Vicki in GroupEx Studio	<b>11am Power Yoga</b> with Ellen in GroupEx Studio
<b>11am Zumba</b> with Carrie in GroupEx Studio	<b>8:30am Spin</b> with Kelly in Spin Studio	<b>9:30am Barre</b> with Amanda in Barre Studio	<b>9am Shallow Water</b> with Sharon in Aquatics Center	<b>9:15am Barre</b> <b>NEW!</b> with Amanda in Barre Studio	<b>9am Shallow Water</b> with Helen in Aquatics Center	<b>11am Core First</b> with Jen in Barre Studio
	<b>9am Shallow Water</b> with Helen in Aquatics Center	<b>9:30am Balls, Bands, &amp; Balance</b> with Kelly in GroupEx Studio	<b>9:30am Strengthen</b> with Kelly in GroupEx Studio	<b>9:30am Strengthen</b> with Jen / Vicki in GroupEx Studio	<b>9:30am Intervals</b> with Vicki in GroupEx Studio	
	<b>9:30am Intervals</b> with Vicki in GroupEx Studio	<b>10:30am Deep Water</b> with Helen in Aquatics Center	<b>10:30am Mat Pilates</b> with Margie in GroupEx Studio	<b>10am Deep Water</b> with Helen in Aquatics Center	<b>10:30am TriYoga Flow</b> with Mary in GroupEx Studio	
	<b>10:30am Yoga Fusion</b> with Ellen in GroupEx Studio	<b>10:45am Functional Fitness</b> with Jen in GroupEx Studio	<b>4:30pm Total Body</b> with Jen in GroupEx Studio	<b>10:45am Functional Fitness</b> with Jen in GroupEx Studio		
	<b>4:30pm Intervals</b> with Jen in GroupEx Studio	<b>4:30pm Strengthen</b> with Alice in GroupEx Studio	<b>5:30pm Shallow Water Tai Chi</b> with Helen in Aquatics Center	<b>4:30pm Yoga Fusion</b> with Ellen in GroupEx Studio		
	<b>5:30pm Barre</b> <b>NEW!</b> with Amanda in Barre Studio	<b>5:30pm Zumba</b> with Carrie in GroupEx Studio	<b>5:30pm Spin</b> with Lorry in Spin Studio	<b>5:30pm Strengthen</b> with Stephanie in GroupEx Studio		
	<b>5:30pm Strengthen</b> with Jen in GroupEx Studio	<b>7pm Hatha Yoga</b> with Karen in GroupEx Studio	<b>5:30pm Barre</b> with Amanda in Barre Studio	<b>7pm Zumba</b> with Beth in GroupEx Studio		
	<b>5:30pm Spin</b> with Stephanie in Spin Studio		<b>6:30pm Yin Yoga</b> with Mary in GroupEx Studio			
	<b>7pm Zumba</b> with Beth in GroupEx Studio		<b>6:30pm Light Dumbbells (Women)</b> <b>NEW!</b> with Amanda in Barre Studio			

- STRENGTH / CARDIO
- SPINNING
- AQUATICS
- DANCE
- MIND - BODY

# GROUP EX | CLASS DESCRIPTIONS

*Unless otherwise noted, classes are 50 minutes and for all experience levels with modification options.*

## STRENGTH / CARDIO

**Balls, Bands, & Balance:** A full body workout that includes a variety of core, strength, and balance exercises.

**Body Basics:** A light full body workout with emphasis on core work, mobility, & low impact cardio.

**Core First:** A full body, muscle toning and strength building workout that engages the core the entire class.

**Functional Fitness:** Cardio and strength classes for 65+ interested in strength, heart-health, mobility, and balance.

**Intervals:** Aerobic, strength, and core exercises in time cycles of work and rest with low and high impact options.

**Light Dumbbells:** Strength and mobility workouts using lighter weights.

**Strengthen:** Emphasizes the benefits of moderate to heavy weight training like bone health, building muscle, and after-burn.

**Total Body:** Full body cardio and strength workout using bodyweight and/or equipment.

## SPINNING

**HIIT Spin:** A dynamic ride with intervals of high effort and recovery.

**Spin:** An energizing, cardio-focused ride that's low impact on joints.

## DANCE

**Barre:** Barre classes combine ballet-inspired movements with stretching and strength training. All levels welcome.

**Zumba®:** Latin, hip-hop, dance-inspired cardio classes.

## MIND-BODY

*(Best suited for participants who can get up/down from the floor independently)*

**Hatha Yoga:** Using focused postures and breathing techniques, this practice will develop balance, mind-body awareness, strength, and mobility.

**Mat Pilates:** Core-focused Pilates exercises that encourage posture, body awareness, and flexibility.

**Power Yoga:** Emphasizing strength and flexibility, this practice is well-suited for individuals seeking an excellent workout with the serenity associated with yoga.

**TriYoga Flow:** TriYoga, *the art and science of yogaflow®*, unites breath with rhythmic pacing, relaxation-in-action, wave-like spinal movements, and economy of motion.

**Vinyasa Yoga:** A continuous flow of movements from one pose to the next, synchronized with the breath.

**Yin Yoga:** Meditative sequences of mostly seated or reclined postures (2 minutes or more) to target connective tissues of the hips, pelvis, and low spine.

**Yoga Fusion:** A blend of yoga, Pilates, strength training and dance. Light dumbbells and other exercise equipment are often used in this exercise class.

## AQUATICS

**Shallow Water:** Using water resistance to develop muscle tone and flexibility, the warm water eliminates any pounding pressure on joints, while providing a stimulating workout.

**Deep Water:** Using floatation equipment, participants experience minimal to no impact on joints while strengthening muscles.

**Shallow Water Tai Chi:** A gentle, invigorating class that challenges the core and enhances strength and range of motion while minimizing the effects of gravity on the joints.