

GROUP EX | FEBRUARY SCHEDULE

*Subject to Change

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

 STRENGTH / CARDIO

 DANCE

 SPINNING

 MIND - BODY

 AQUATICS

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.

Barre: A joint-safe, challenging strength training class driven by music and focused on muscle engagement and control.

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

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.