GROUP EX | JUNE SCHEDULE

FRIDAY SATURDAY SUNDAY MONDAY TUFSDAY WFDNFSDAY THURSDAY 9am 6am 6am 6am 6am 6am 9am Vinyasa Yoga **BODYPUMPTM Total Body** Strengthen **BODYPUMPTM** Strengthen **BODYPUMPTM** with Vicki with Karen / Dianne with Vicki with Vicki with Vicki with Vicki with Lorry in GroupEx Studio 1 in GroupÉx Studio 1 10am 8am 8:30am 8am 8am 6am 9am **Shallow Water** Strengthen **Shallow Water Shallow Water** Spin Spin Spin with Stephanie with Helen with Kelly with Sharon with Lorry with Helen with Matt in GroupEx Studio 1 in Spin Studio in Aquatics Center in Aquatics Center in Spin Sťudio in Aquatics Center in Spin Studio 10am 8:30am 8:30am 8:30am 8:30am 10am Hatha Yoga **Light Dumbbells Shallow Water BODYPUMPTM Light Dumbbells Total Body Intervals** with Dianne with Vicki with Kelly with Vicki with Helen with Vicki with Jen in GroupEx Studio 1 in GroupEx Studio 1 in Aquatics Center in GroupÉx Studio 1 in GroupEx Studio 1 in GroupEx Studio 1 in GroupEx Studio 1 8:30am 9am 11am 9:30am 9am 11am Shallow Water **Shallow Water** Zumba Spin Вагге **Shallow Water** Power Yoga with Carrie with Kelly with Sharon with Helen with Amanda with Sharon with Ellen in Aquatics Center in GroupEx Studio 1 in Spin Studio in Aquatics Center in GroupEx Studio 1 in GroupEx Studio 2 in Aquatics Center 9am 9:30am 9:30am 9:15am 9.30am 11am ВОДУРИМРТМ **Shallow Water** Strengthen **Intervals Core First** Barre with Kelly in GroupEx Studio 1 with Helen with Kellv with Amanda with Vicki with Jen in GroupEx Studio 1 in Aquatics Center in GroupEx Studio 1 in GroupEx Studio 2 in GroupEx Studio 2 9:30am 10:30am 10am 10:30am 9:30am Intervals **Deep Water** TriYoga Flow **Mat Pilates** Strengthen with Mary in GroupEx Studio 1 in GroupEx Studio 1 with Vicki with Margie in GroupEx Studio 1 with Helen in GroupEx Studio 1 in Aquatics Center 10:30am 4:30pm 10am 10:45am Yoga Fusion **Deep Water Functional Fitness Total Body** with Helen with Ellen with Jen with Jen in GroupEx Studio 1 in Aquatics Center in GroupEx Studio 1 in GroupEx Studio 1 12pm 4:30pm 5:30pm 10:45am **BODYPUMPTM** Strengthen **Shallow Water Functional Fitness** with Kelly with Alice Tai Chi with Helen with Jen in GroupEx Studio 1 in GroupEx Studio 1 in Aquatics Center in GroupEx Studio 1 4:30pm 5:30pm 5:30pm 4:30pm Intervals Yoga Fusion Zumba Spin with Mariana with Carrie with Mariana with Ellen in GroupEx Studio 1 in GroupEx Studio 1 in GroupEx Studio 1 in Spin Studio 5:30pm 5:30pm 5:30pm **BODYPUMPTM** Вагге Hatha Yoga Strengthen with Lorry with Stephanie with Amanda with Karen in GroupEx Studio 1 in GroupEx Studio 1 in GroupEx Studio 2 in GroupEx Studio 1 5:30pm 5:30pm 7pm **Zumba** Strengthen Вагге with Mariana with Amanda with Beth in GroupEx Studio 2 in GroupEx Studio 1 in GroupEx Studio 1 5:30pm 6:30pm Spin Yin Yoga with Stephanie with Mary

in GroupÉx Studio 1

(Women) with Amanda

in GroupEx Studio 2

6:30pm Light Dumbbells

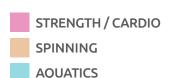


in Spin Studio

in GroupEx Studio 1

7pm

Zumba with Beth





GROUP EX | CLASS DESCRIPTIONS

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

STRENGTH / CARDIO

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

BODYPUMP^{\text{IM}}: a barbell workout using light to moderate weights and high reps to increase aerobig fitness and build strength.

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.