

GROUP EX SCHEDULE

WINTER SCHEDULE begins January 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30am Cycle & Core Brad Q Spin Studio	5:45-6:30am Strength & Core Sue C Group Ex Studio	5:45-6:30am Cycle Brad Q Spin Studio	5:45-6:30am AMRAP Brad Q Group Ex Studio	5:45-6:30am TRX MIX Jodi D Group Ex Studio
8:30-9:15am Aqua Fit Karen M Indoor Pool	8:30-9:15am Aqua Fit Cara S Indoor Pool	NEW 5:45-6:30am Warrior Sculpt Sue C Group Ex Studio	7:15-8am Cycle Faith G Spin Studio	8:30-9:15am Cycle Faith G Spin Studio
8:30-9:20am Barre Cara S Group Ex Studio	8:30-9:20am Warrior Sculpt Lisa H Group Ex Studio	8:30-9:15am Aqua Fit Melissa K Indoor Pool	8:30-9:15am Aqua Fit Faith G Indoor Pool	8:30-9:15am Aqua Fit Amy H Indoor Pool
9:30-10:25am Strength & Core Cara S Gym	8:30-9:25am Zumba Gold Tone Melissa K Gym	8:30-9:15am Cycle Cara S Spin Studio	8:30-9:25am Zumba Gold Melissa K Gym	8:30-9:20am Barre Lisa P Group Ex Studio
9:30-10:30am Gentle Yoga Rebecca S Mind/Body Studio	9:30-10:25am Step Cara S Gym	NEW 8:45-9:15am Cardio Kickbox Express Lisa H Group Ex Studio	8:30-9:20am Pilates HIIT Cara S Group Ex Studio	9:30-10:20am TRX MIX Faith G Group Ex Studio
10:30-11:20am Sets & Reps Amy H Group Ex Studio	NEW 10-10:25am Core Express Ellen M Group Ex Studio	9:30-10:25am Strength & Core Lisa H Gym	9:30-10:25am Cardio Strength Cara S Gym	9:30-10:25am Strength & Core Amy H Gym
5-5:45pm Strength & Core Jodi D Group Ex Studio	9:30-10:30am Yoga Flow Steve F Mind/Body Studio	10:30-11:20am Stamina, Strength, & Balance Ellen M Group Ex Studio	9:30-10:30am Slow Flow Yoga Lisa H Mind/Body Studio	10:30-11:20am Pilates Ellen M Group Ex Studio
6-6:50pm Zumba Mercedes T Group Ex Studio	10:30-11:20am Barre Ellen M Group Ex Studio	5-5:45pm AMRAP Adam D Group Ex Studio	12:30-1:20pm Chair Yoga Silvia S Group Ex Studio	
6-7:15pm Vinyasa Yoga Lisa H Mind/Body Studio	5-5:45pm TRX Michael B Group Ex Studio	6-7:15pm Vin-Yin Yoga Steve F Mind Body	NEW 5-5:45pm Strength Intervals Michael B Group Ex Studio	
	6-6:50pm Cardio Barre Michelle P Group Ex Studio		6-6:50pm WERQ Michelle P Group Ex Studio	
SATURDAY	SUNDAY			
8-8:45am Cycle Michael B Spin Studio	8-8:45am Cycle Brad Q Spin Studio			
NEW 8-8:25am Core Express Jennifer V Group Ex Studio	9-9:55am Cardio Strength Cara S Gym			
8:30-9:20am Circ-HIIT Jennifer V Group Ex Studio	9:15-10:15am Yoga Flow Rebecca S Mind/Body Studio			
8:30-9:20am Zumba Mercedes T Gym	10-10:50am WERQ Lisa P Group Ex Studio			
9:30-10:20am Warrior Sculpt Lisa H Group Ex Studio	NEW 10:30-11:30am Restorative Yoga Rebecca S Mind/Body Studio			
12:30-1:30pm Tai Chi Ken N Group Ex Studio				

	Group Ex Studio
	Mind/Body Studio
	Spin Studio
	Gymnasium - Court 1
	Indoor Pool

Group Ex Class Descriptions

AMRAP

AMRAP, As Many Rounds As Possible, is a super-straightforward workout format. AMRAP consists of a full body set of exercises performed in a set time with rest and repeat. The purpose of AMRAP circuit training is to master exercise, perform to fatigue, and maximize results.

Aqua Fit

Challenge the dynamics of your aqua workout with low-impact segments of cardio and resistance training using intervals and water approved equipment. Improves all areas of physical fitness, including muscle toning, cardiovascular conditioning, and flexibility.

Barre

Barre combines elements of core work, Pilates, yoga, and ballet in a low impact format. Designed to improve your balance and strength through movements with the assistance of the bar. Perfect for all levels.

Cardio Barre

A high energy, low-impact workout that combines barre exercises with cardio bursts. It's a hybrid of ballet, Pilates, yoga, HIIT and strength/tone training. Suitable for all fitness levels.

Cardio Kickbox Express

Express formats are all the trend! Punch, kick, and strike to improve cardio endurance. No equipment used. This is a low-impact, high-energy, fun, and sweaty workout suitable for all fitness levels.

Cardio Strength

This interval class is designed to boost metabolism and fat burning potential. A variety of strength equipment and steps are used to build lean muscle mass and elevate the heart rate. The cardio intervals consist of kickboxing moves, plyometrics, and other movement combinations.

Circ-HIIT

Circuit style training is popular because it is the most time-efficient way to perform a full body workout. With little to no rest, you can complete the workout in a shorter amount of time than you would perform each exercise one at a time.

Cycle / Cycle & Core

Get ready to ride! This invigorating class combines cardio endurance, strength-building, and interval training on a stationary bike. With motivating music and guided intensity levels, you'll push through hills, sprints, and everything in between. Perfect for all fitness levels, with options to adjust resistance and pace to match your goals.

Core Express

This focused class targets your core muscles through a series of dynamic movements designed to improve strength, stability, and posture. In just 25 minutes, you'll engage your abs, back, and glutes for a stronger, more balanced body. Perfect for all fitness levels, with modifications provided to meet your needs.

Pilates

The classes incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility. The mat floor exercises may also be combined with other props such as weights, balls, bands, and rings.

Pilates HIIT

Each class is a form focused full body workout combining blocks of high intensity light resistance training sequences and the ultimate mat Pilates core training with the addition of light weights. Designed to strengthen muscles, increase flexibility, and improve overall health. Discover why Pilates is all the rage in fitness.

Sets & Reps

An all-levels full body basic light strength training class focused on training targeted muscle groups with three sets of 10 - 15 reps. This is a safe and appropriate class for beginners, regulars, and seniors. Modifications, chairs, and recommendations offered for all levels.

Stamina, Strength, & Balance

Tailored for active older adults, this format consists of 20 minutes of movement to improve stamina, 20 minutes of weights to improve strength and 10 minutes of balance to increase core strength. Chairs are optional for all levels.

Step

An aerobic fitness fun workout that is boosted with choreography and group motivation. Step combines cardio conditioning on step benches and risers. No dumbbells or added weight equipment used in this class.

Strength & Core

This is our signature total body strength class using simple and compound movements with multiple sets of dumbbells appropriate for each individual to build lean muscle, core strength, balance, alignment, and endurance. All levels welcome.

Strength Intervals

This dynamic class combines timed sequences of strength-building exercises with a variety of equipment to keep your workout challenging and engaging. Designed to improve muscular endurance, power, and overall fitness, this is perfect for all levels, with options to modify as needed. Get ready to push your limits and build strength in a fun, supportive environment!

TRX

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. TRX Suspension Trainer is performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. TRX is effective and safe for all ages and levels.

TRX Mix

TRX Mix combines Suspension Training system with a variety of studio equipment. This creative format will always leave you excited to see what you have accomplished in strength and endurance.

Warrior Sculpt

This dynamic class blends mind-body fitness formats with high-intensity metabolic conditioning for a powerful, full-body workout. You'll have the option to incorporate weights to boost strength and stamina, with modifications available to suit all fitness levels.

WERQ

A fierce and fun dance fitness class based on current pop, rock, and hip-hop music. Enjoy high-energy dance steps, expert cuing, while working up a sweat dancing to songs you love on the radio!

Zumba

Zumba feels like a dance party disguised as a workout—which is exactly what people love about it. Zumba is a safe, fun, and effective workout for most people who want to enhance their cardiovascular fitness through dance. Each workout involves highly choreographed movements set to upbeat salsa, international music, and modern music.

Zumba Gold/Zumba Gold Tone

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Zumba Gold Tone adds light weights for extra muscle activation.

YOGA

Chair Yoga

This format allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, blood flow, balance, focus, and mental well-being.

Gentle Yoga

This class is a restorative style of yoga suitable for people of all ages and abilities. It focuses on slow, thoughtful movements and breathing to help relieve stress, increase flexibility and strengthen the body while reducing strain on joints and muscles.

Restorative Yoga

Unwind and rejuvenate with this gentle yoga class designed to promote deep relaxation, stress relief, and overall well-being. Using supportive props and long-held poses, you'll ease tension, improve flexibility, and restore balance to your mind and body. Especially beneficial for those recovering from injury or managing stress. This class is open to all levels and provides a safe, supportive space to relax and recharge.

Slow Flow Yoga

Designed to connect the body through movement and breath. Students will practice deliberate stillness and conscious rest. As the body rests muscle tension begins to unravel, stress begins to melt away, the mind begins to quiet aiding the natural healing process of our bodies.

Vinyasa Yoga

Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa yoga is the variety of sun salutations. There is no standard sequence in Vinyasa yoga, so the style, pace and intensity will all vary depending on the teacher.

Vin-Yin Yoga

Vin/Yin is a marriage of the strong, yang Vinyasa Yoga with the receptive Yin Yoga. Active, yet grounding sun salutations and standing flows are offered in the first half of class to enliven the body and chase away any fatigue.