


September-October 2024

Group Exercise Schedule

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Hatha Yoga 9:00a-10:00a L Lynn/Faye (MB)	Cardio TRX + 5:45-6:30am H Fitness Staff (MB)	Total Body Bootcamp 5:45-6:30am H Fitness Staff (LAR)	Spinning: Arms & Intervals 5:45-6:30am L Melissa B (SS)	Octagon Express 5:45-6:30am H Fitness Staff (FC)	Strength & Mobility 5:45-6:30am M Fitness Staff (LAR)	Sunrise Yoga 8:30-9:30a L Lynn (MB)
Strength & Mobility 9:30-10:15am M Fitness Staff (LAR)	Functional Movement & Stretch 9:30-10:15am L Fitness Staff (LAR)	Ball Fit 9:30-10:15am M Fitness Staff (LAR)	Strength & Mobility 9:30-10:15am L Fitness Staff (LAR)	Cardio TRX + 9:30-10:15am M Fitness Staff (MB)	Octagon Express 9:30-10:15am H Fitness Staff (FC)	Spinning® 9:00-10:00am L Rotation (SS)
Zumba®/Zumba Gold Toning® 10:30-11:30a L Patrice/Nicole (LAR)	Chair Yoga 10:45-11:45am L Julie (LAR)	Gentle Yoga 10:45-11:45am L Julie/Faye (MB)	Senior Strength 10:45-11:30am L Fitness Staff (LAR)	Gentle Yoga 10:45-11:45am L Josie/Dee (MB)	Senior Strength 10:45-11:30am L Fitness Staff (LAR)	Total Body Bootcamp 9:00-9:45am H Fitness Staff (LAR)
<p>*LAR OPEN GYM TIMES* Mondays-Wednesdays 7a-9a / 1:30p-3p Thursdays 5a-9a / 1:30p-3p Fridays 7a-10a / 1:30p-3p In order to avoid class disruptions, please arrive 5 minutes prior to the start of class.</p> 	Bells, Bands, Bosu 12:00-12:45pm M Fitness Staff (LAR)	Zumba Gold Toning® 12:00-1:00pm L Patrice (LAR)		Zumba Gold Toning® 12:00-1:00pm L Patrice (LAR)	Strength & Mobility 12:00-12:45pm L Fitness Staff (LAR)	Zumba® 10:00-11:00am M Nicole (LAR)
	Balance, Core, & More 5:00-5:45pm L Fitness Staff (LAR)	Yogilates 5:30-6:30pm M Lynn (MB)	Arms & Abs 5:00-5:30pm M Fitness Staff (LAR)	Yin Yoga 5:00-6:00pm L Josie (MB)	Cardio TRX + 5:00-5:45pm M Fitness Staff (MB)	
	Mindful Movement 6:00-7:00pm L Leslie (MB)	Strength 6:00-6:45pm L Fitness Staff (LAR)	Butts & Guts 5:30-6:00pm M Fitness Staff (LAR)	Ball Fit 6:00-6:45pm M Fitness Staff (LAR)		<p>KEY/LEGEND: Ages 14+ may join all classes independently. L = Low Impact/Intensity M = Moderate Impact/Intensity H = High Impact/Intensity MB = MINDBODY ROOM SS = SPINNING STUDIO FC = FITNESS CENTER LAR = LARGE AEROBICS ROOM</p>
	Aerobic Spin® 6:00-7:00pm L Rotating (SS)	Spinning® 6:00-6:45pm L Rotating (SS)	Zumba® 6:15-7:15pm L Nicole (LAR)	Spinning® 6:00-7:00pm L Rotating (SS)		

Reserve your spot using the Acuity app today! QR code above.

GROUP EXERCISE CLASS DESCRIPTIONS

All classes are easily modified for all levels! Our highly qualified instructors ensure an athlete and a grandparent can both have a safe, effective workout in the same class!

Aerobic Spin®: Improve cardiovascular fitness while burning lots of calories. Perfect for those that are new to Spin.

Arms & Abs: Strength training class that will target your upper body and midsection with moves designed to tone and strengthen.

Calisthenics: This class provides a type of workout that uses a person's body weight with little or no equipment.

Chair Yoga: Traditional yoga poses adapted so that you can safely practice while seated or standing next to your chair for balance.

Balance, Core & More: This class focuses on improving balance and core activation through a variety of dynamic strength exercises.

Ball Fit: Functional based workout using stability balls, BOSU, medicine, and slam balls for every exercise in the class!

Bells, Bands, Bosu: Kettlebells, resistance bands, and bosu balls are mixed in to work and challenge all different types of muscle groups.

Butts & Guts: Strength training class that will target your lower body and midsection with moves designed to tone and strengthen.

Cardio TRX+: Circuit training with the suspended TRX straps, dumbbells, stability balls, and barre for a complete body burning high heart rate workout.

Functional Movement & Stretch: This class is designed to help strengthen your body for your everyday home or work lifestyle.

Gentle Yoga: Relax and restore with this low impact yoga series to promote flexibility designed for all levels.

Hatha Yoga: Move your body slowly into different poses that challenge your strength & flexibility, while at the same time focusing on relaxation and mindfulness.

Mindful Movement: Slow to moderate paced yoga poses, stretching, and breathwork designed for everyday life. To move a little easier, feel a little stronger, help unwind the body and mind, and find our way to relaxation.

Octagon Express: Trainer-led, high energy functional circuit training using the equipment on the Octagon frame in the fitness center.

Senior Strength: Senior fitness class using bands and weights to emphasize core stability, balance, and increase muscle strength.

Spinning: Spinning is a low impact class that is easy on the joints. It's a great cardiovascular workout.

Spinning: Arms & Intervals: Bursts of effort alternated with segments of light weight lifting. This class will challenge and ignite you.

Strength and Mobility: Build strength, add definition, improve bone density, and decrease body fat by increasing your lean muscle.

Sunrise Yoga: Enjoy an align-and-flow class designed to wake you up and get you going and flowing into the rest of your day.

Total Body Bootcamp: Everything that our total body conditioning class offers, but with a faster pace, more rounds, and higher impact.

Total Body Conditioning: This class provides high energy cardio and strength training to bring you a full body workout.

Yin Yoga: Targets the connective tissues by holding poses for a longer time with the goal of increasing circulation, flexibility, and range of motion. Please bring a blanket or beach towel along with layered clothing for your comfort.

Yogilates: Get the benefits of both Yoga and Pilates as you flow through traditional Yoga poses while incorporating mat pilates.

Zumba®: Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba® Gold-Toning: the Zumba® party you love at a slower pace with a focus on muscle conditioning and light weight activity.