


# November-December

## 2024 Group Exercise Schedule

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Hatha Yoga 9:00a-10:00a L Lynn/Brittany (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)	Arms & Abs   Butts & Guts 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><b>*LAR OPEN GYM TIMES*</b> Mondays-Wednesdays 7a-9a / 1:30p-3p Thursdays 5a-9a / 1:30p-3p Fridays 7a-10a / 1:30p-3p</p> <p>In order to avoid class disruptions, please arrive 5 minutes prior to the start of class.</p> 	Strength 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)	Calisthenics 5:00-5:45pm M Fitness Staff (LAR)	
	Mindful Movement 6:00-7:00pm L Leslie (MB)	Latin Spin!® 6:00-6:45pm L Alicia (SS)	Butts & Guts 5:30-6:00pm M Fitness Staff (LAR)	Spinning® 6:00-7:00pm L Rotating (SS)		
	Aerobic Spin® 6:00-7:00pm L Rotating (SS)	Functional Movement & Stretch 6:15-7:00pm L Fitness Staff (LAR)	Zumba® 6:15-7:15pm M Nicole (LAR)	Cardio TRX + 6:15-7:00pm M Fitness Staff (MB)		
						<p><b>KEY/LEGEND:</b> 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>

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.

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

**Butts & Guts:** Strength training class that will target your lower 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.

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

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

**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.

**Latin-Spin!:** Miami style! Cycle to the beat of each track with this rhythm ride that improves your athletic performance.

**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.

**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.