

Group Exercise Schedule**Gray Gym**

AM	MON	TUE	WED	THU	FRI	SAT
8:00			Healthy Heart- Terri		Healthy Heart-Chris	Zumba-Laura
9:00	Healthy Heart-Denise					
9:15				Cardio Fusion-Erin		
10:00				Turbo Toning-Rose		
11:15	Zumba-Circuit-Mayra		Zumba-Laura		Zumba-Circuit- Mayra	
PM	MON	TUE	WED	THU	FRI	SAT
5:30	Turbo Kick-Rose	Turbo Kick-Rose		Body Sculpt-Kristin		

Wood Gym

AM	MON	TUE	WED	THU	FRI	SAT
9:00			Zumba Gold-Mayra			
10:00	Step & Sculpt-Denise					
PM	MON	TUE	WED	THU	FRI	SAT
5:30			Insanity-Tara			

Aerobic Studio

AM	MON	TUE	WED	THU	FRI	SAT
8:00						TRX Yoga Flow-Brandy
8:30		Yoga Pilates- Terri		Yoga Pilates-Terri		
9:00						Beginner TRX-Brandy
11:30		Vinyasa Flow Yoga-Chris	Body Sculpt-Terri	Vinyasa Flow Yoga-Chris		
PM	MON	TUE	WED	THU	FRI	SAT
5:30	Hatha Yoga-Marilyn					
6:00		TRX-Brandy		TRX-Brandy		

Cycle Room

AM	MON	TUE	WED	THU	FRI	SAT
8:00						Cycle-Marty
8:15	Cycle-Marty	Cycle-Betsy		Cycle-Betsy		
11:30			HIIT Cycle-Denise			

Pool

AM	MON	TUE	WED	THU	FRI	SAT
8:00				Water Gym-Jeanie		
8:30	Noodlerobics-Sara		Noodlerobics-Sara		Noodlerobics-Sara	
9:00				Senior Splash-Patricia		
10:00	Senior Splash-Sara				Senior Splash-Sara	
11:00		Senior Splash-Patricia				
PM	MON	TUE	WED	THU	FRI	SAT
1:00	Water Arthritis-Amber		Water Arthritis-Amber		Water Arthritis-Kim	
6:00		Water Power-Jessica		Water Power-Jessica		
7:00	Aqua Powerhouse-Kim		Aqua Powerhouse-Kim			

Silver Sneaker Room / TKD

AM	MON	TUE	WED	THU	FRI	SAT
9:00		Gentle Yoga-Chris	Strength & Stretch-Marty			
10:00	SS Classic-Marty	SS Cardio Circuit-Terri	SS Seated Zumba-Bonnie	SS Cardio Circuit-Denise	SS Yoga-Chris	
11:00		Tai Chi-Jim				

Class Descriptions

Aqua Powerhouse - 60 minutes

Try this high-intensity water fitness class and really challenge yourself. You will receive the same fitness workout you get on dry land without the joint pain and strain, and get better toned because of the natural resistance created by the water.

Bodysculpt - 45 minutes

This class fuses strength and aerobic exercises targeted to continually challenge your personal best and to give you an all-around intense workout in an upbeat, high energy atmosphere.

Cardio Fusion - 45 minutes

Keep your feet moving and your heart pumping. A little bit of everything! Class combines low and high impact aerobics.

Cycling - 45 minutes

This non-impact workout caters to all ability levels by challenging beginners and advanced cyclists. Ride to the music while your instructors guide you through hills, sprints & flats.

Gentle Yoga - 45 minutes

This is a gentle class that combines yoga postures and breathing. This class is geared toward students who wish to move at a slower pace. No Yoga experience is required.

Healthy Heart - 45 minutes

Geared toward the cardiac rehab graduate, this class offers low-impact cardio and strength training using low weight dumbbells and body weight resistance exercises.

HIIT Cycle - 45 minutes

High-intensity interval training! This is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise.

INSANITY - 60 minutes

It's not your typical interval workout, it's Max Interval Training. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training.

Noodlerobics - 60 minutes

Noodlerobics is a medium intensity exercise class that offers a full body workout. Utilizing the fun water toy, noodles, this class targets cardio, strength building and toning. Noodlerobics is taught from the shallow end of the pool, is a class for all ages and skill levels, and can easily be adapted to meet participants' needs.

Senior Splash - 45 minutes

Splash offers fun, shallow-water movement to improve agility and flexibility while offering cardiovascular, strength and endurance conditioning. No swimming ability is required.

Silver Sneakers® - 45 minutes

Combine fun with fitness in these classes that are physician approved specifically for the Active Older Adult.

Step and Sculpt - 60 minutes

Improve cardio fitness, coordination, posture and agility while shaping and toning the legs. With a portable platform and height adjustable risers, you can work as high or as low as you desire.

Strength & Stretch - 45 minutes

Its slow pace stretches to strengthen the neck down to the toes. Mostly done on a chair and balance is worked on each week as well. A great class for those wanting to remain mobile and self sufficient.

Tai Chi - 60 minutes

Tai Chi is an internal Chinese Martial Art that focuses on mental and spiritual aspects integrated into movement. Known for benefiting mental capacity, concentration, balance and stability.

TRX - 60 minutes

TRX is the Y's advanced level class focusing on athletic performance & cardiovascular conditioning. Get ready to increase power, strength and endurance with this total body workout. *NOTE* This class is not for first-timers or participants with injuries. A base level

of fitness and prior TRX experience is recommended.

TRX Beginner - 30 minutes

Designed to develop your core strength, the emphasis of this class is placed on teaching the foundational exercises to prepare you for more advanced workouts. With this simple, challenging and full body workout, you will build strength and stamina, increase total body mobility and stability, and strengthen your core. This class also may include cardio, flexibility and balance elements.

TRX Yoga Flow - 60 minutes

Enhance your yoga practice using the TRX Suspension Trainer with this TRX for Yoga Flow Workout. You will walk through several progressions of yoga poses performed with the Suspension Trainer that will assist and challenge traditional poses.

Turbo Kick® - 60 minutes

Gets the party started. With cardio kickboxing and dance moves choreographed to the hottest music mixes, you'll be measuring your fun in sweat! It's high intensity, fast-paced, and totally addicting!

Turbo Toning - 60 minutes

Total body workout with a combination of cardio and strength training. Includes short bursts of Turbo HIITs paired with weights and toning. Perfect for all fitness levels.

Vinyasa Flow Yoga - 45 minutes

We coordinate movement with breath to flow from one pose to the next. The flow combines strength and flexibility while toning the body and clearing the mind.

Water Arthritis - 60 minutes

A shallow water exercise class that has proven to help you live better and a more independent life with arthritis. Reduce pain and stiffness while increasing strength, flexibility, range of motion and balance.

Water Gym - 60 minutes

A fun, water aerobics exercise workout that teaches you to use water as a powerful gym. You'll mimic sports moves such as running, biking, kick-boxing and more, without impact or wear and tear on your joints!

Water Power Workout - 60 minutes

This water exercise class offers a high intensity workout with low impact on your joints. Strong swimming ability is not required to participate, as equipment is used which can assist the non-swimmers while still giving them a fantastic workout!

Yoga/Pilates - 30 minutes

Strengthen the core of your body, lengthen muscles and relieve stress. Excellent way to increase muscular endurance, improve flexibility & tone muscles.

Zumba® - 45 minutes

A total workout, combining all elements of fitness/cardio, muscle conditioning, balance, and flexibility.

Zumba® Gold - 45 minutes

Designed for the active, older adult, the true beginner, individuals who are not used to exercising, or people who may be limited physically. Modifications are made to accommodate any physical limitations. The main difference between Zumba® Gold and Zumba® Basic is that Zumba® Gold is done at a lower intensity, not as fast, but certainly as fun.

Zumba® in the Circuit - 45 minutes

The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.

