

MARCH GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	I am..... DETERMINED 6:15am-7:00am Kimm	PILATES/BALL 5:30am-6:30am Kimm Kathy - 20th	"40" WITH GORDIE (ON TRACK) 5:30am- 6:10am ***NEW CLASS	"20/40" BENCH-to-BOOT 5:30am-6:30am Kimm Sue - 22nd	INDOOR CYCLING 5:30am-6:30am Tony	
				BARRE 7:15am-8:15am Francia		
	PILATES 8:00am-9:00am Kathy	ZUMBA 8:30am-9:30am Taylor	PILATES 8:00am-9:00am Kathy	ZUMBA 8:30am-9:30am Shelly Taylor - 15th	PILATES 8:00am-9:00am Kathy	INDOOR CYCLING 8:15am-9:15am Debbie - 3rd, 17th Tony - 10th Sue - 24th, 31st
YOGA/PILATES 9:00am-10:00am Kathy - 4th, 18th (Pilates) Sue- 11th, 25th (Yoga)	INDOOR CYCLING 9:15am-10:15am Debbie - 5th, 19th Tony - 12th, 26th	COMBO CRUSH 9:35am-10:35am Carrie	HIIT (High Intensity Interval Training) 9:15am-10:15am Carrie	GLUTES, GUNS & GUTS 9:35am-10:35am Carrie	INDOOR CYCLING 9:15am-10:15am Laura - 2nd, 16th, 30th Debbie - 9th, 23rd	INSTRUCTOR'S CHOICE 9:30am-10:30am Shannon - 3rd (Barbell Blast) Laura - 10th (Barbell Blast) Carrie - 17th (HIIT) Rachel - 24th (Barbell Blast) Sue - 31st (Step & Strength)
	BLEND-X 9:30am-10:30am (ON TRACK) Sheila	BARBELL BLAST 10:40am-11:40am Shannon - 6th, 20th Rachel - 13th, 27th	INDOOR CYCLING 10:30am-11:30am Tony	"40" WITH SHANNON (ON TRACK) 10:30am-11:10am	RESTORATIVE YIN YOGA (ON TRACK) 10:15am-11:15am Alice	
	SILVER SNEAKERS CLASSIC 10:30am-11:15am Lucy	BRAINS & BALANCE (ON TRACK) 11:00am-11:45am Kimm	SILVER SNEAKERS CARDIO CIRCUIT (ON TRACK) 10:30am-11:30am Debbie Lucy - 28th	SILVER SNEAKERS YOGA 10:40am-11:30am Debbie Kimm - 29th	SILVER SNEAKERS CARDIO CIRCUIT 10:30am-11:30am Debbie No Class on 30th	FUN & FITNESS for KIDS 10:45am-11:30am Melissa/Lucy
	SOFT PILATES 11:30am-12:20pm Kathy	SILVER SNEAKERS YOGA 11:50am-12:40pm Debbie Alice - 27th				ANTI-BULLYING & SELF DEFENSE FOR KIDS 11:30am-12:15pm Justin Class on 3rd, 17th & 31st
	VINYASA EXPRESS YOGA 4:15pm-5:00pm Alice	INDOOR CYCLING 5:30pm-6:30pm Laura	VINYASA YOGA 4:15pm-5:15pm Alice		"40" WITH GORDIE (ON TRACK) 4:00pm-4:40pm 5:00pm-5:40pm	
	ABS-n-CORE 5:05pm-5:25pm TRIPLE THREAT 5:30pm-6:15pm Kimm	CORE POWER 6:35pm-7:05pm Laura	CHISEL & PUMP 5:30pm-6:30pm Rachel	BARBELL BLAST 5:30pm-6:30pm Laura	ANTI-BULLYING & SELF DEFENSE FOR KIDS 6:30pm-7:15pm Justin Class on 9th, 23rd ***NEW CLASS	
	P90X 6:30pm-7:30pm Rachel	"40" WITH GORDIE (ON TRACK) 6:00pm-6:40pm 7:00pm-7:40pm		CYCLE "30" 6:35pm- 7:05pm Laura		

ANTI-BULLYING & SELF DEFENSE Family oriented class with teachings in mixed martial arts. Class will focus on basic boxing, kickboxing and Jiu Jitsu with a touch of fitness for health benefits. Ages 7 and up.

ABS-N-CORE Get to the core with abs and more! 20 minutes is all you'll need for this core challenge.

BARBELL BLAST This compact barbell workout is sure to challenge ALL fitness levels. You will be taken through a total body workout using barbells to strengthen & tone all muscle groups.

BARRE Define and strengthen your entire body in this unique class using the balance bar. Build long, lean muscles & focus on active core engagement through balancing exercises and stretching.

BLEND-X Where the personal trainer's imagination runs wild! You will get a full body workout and challenged mentally & physically. You can expect circuit-type classes with pyramid training to keep you on your toes!

BRAINS & BALANCE Don't be fooled into thinking this class is for "OLD" people...research as shown if you can improve your memory, you can improve your balance. If you can improve your balance, you can improve your memory. Make the commitment to embrace your future and age well!

CHISEL & PUMP Sweat and sculpt with this fun and fast-paced interval class. Classes change weekly to keep you from getting bored.

COMBO CRUSH Combination of simultaneous upper body and lower body moves with abdominals thrown in throughout. Get ready for a major calorie burn!

CORE POWER This class is designed to use the power of your body weight to strengthen your core. (Chest to glutes). Core strength greatly lowers risk of injury and promotes a slim physique.

CYCLE "30" A 30 minute version of our popular Indoor Cycling class.

FUN & FITNESS FOR KIDS A "gym class" style program designed for kids who are not old enough to be out on the gym floor but still want to be active and have fun.

GLUTES, GUNS & GUTS Sculpt the area that you really want to target in this creative, chiseling challenge. Move from lower body into core and then upper body with transitioning combos using a variety of equipment. Class is multi-level.

HIIT (High Intensity Interval Training) Great class for those that have reached a plateau in their weight loss or that love high intensity cardio. Major calorie burner!

I AM...DETERMINED Focus on functional fitness, core strengthening, and simple cardio drills.

INDOOR CYCLING Experience the ride of your life set to music! Strength, Interval, and Endurance rides will challenge all fitness levels and vary your cardio workout. Water bottle recommended. (First time riders please arrive early)

INSTRUCTOR'S CHOICE This class will challenge you with any one of our classes listed except Indoor Cycling.

PILATES ON THE BALL This class will focus on slower controlled moves combining pilates and the Swiss ball to **improve core stability, strength and balance**. Please bring a yoga mat.

PILATES This class conditions the body from the inside out. Core stabilization, muscle balance and proper alignment & strength are the focus.

P90X Transform your workouts and your body with this 90 day progressive program. This class features two of the P90X* strength training sessions a week.

RESTORATIVE YIN YOGA (Slow pace) Yin offers a slower approach to yoga which focuses on flexibility by opening up the body through longer holds to gain greater mobility and patience. Class ends with optional shoulder adjustment with a cool lavender cloth on the eyes.

VINYASA EXPRESS (Fast pace) A 45 minute continuous flow of postures to create internal heat within the body. Class ends with optional shoulder adjustment with a cool lavender cloth on the eyes.

VINYASA YOGA (Fast pace) Vinyasa links strength, balance, and flexibility through a continuous of postures to create internal heat within the body. Class ends with with optional shoulder adjustment with a cool lavender cloth on the eyes.

SILVER SNEAKERS CLASSIC A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SILVER SNEAKERS CIRCUIT Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching & relaxation.

SILVER SNEAKERS YOGA This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance, and range of movement. Restorative breathing exercises will promote stress reduction.

SOFT PILATES Prepare to enjoy the "Softer Side" of Pilates. Sitting & standing movements with chair assistance offers muscle balance, alignment, core strength and deep breathing. Exercises will be assisted with balls, light weights and soft bands. All fitness levels invited. Music sets the mood too! Please bring a yoga mat.

TRIPLE THREAT This class will focus on using three pieces of equipment each month with a focus on kettle bells, bench, and a mix of balls, bands and bars.

YOGA Renew, refresh, and reinvigorate your mind and body with an hour of yoga. By holding and flowing through various poses, you will strengthen your muscles as well as challenge them to become more flexible.

"20/40" BENCH-to-BOOT This intense early morning class combines a cardio workout on the bench step followed by boot-camp style strength training to target all muscles.

"40" CLASSES These are a 40 minute, full body, high intensity, advanced fitness class to incorporate multiple muscle exercises in a circuit format. (Held on the track)

*****CLASS CANCELLATION POLICY*****

We make every effort NOT to cancel any class. HOWEVER, we reserve the right to do so if circumstances are beyond our control.

INSTRUCTOR CERTIFICATIONS:

Alice - White Lotus Yoga

Carrie - AFAA Personal Training

Colleen - Madd Dogg Spinning

Debbie - Madd Dogg Spinning, Silver Sneaker, Fitour Yoga

Francia - Barre

Gordie - Health Education/Sports Science & Physiology

Heather - Yoga Alliance, Peramanand Yoga

Kimm - Silver Sneakers, AFAA, Brains & Balance, Spinning

Kathy - Pilates

Laura - Madd Dogg Spinning

Lucy - Silver Sneakers

Melissa - Madd Dogg Spinning

Pat - Ashtangasana Yoga

Rachel - Personal Training, P90X*

Sheila - ISSA Personal Training

Shelly - Zumba

Sue - Madd Dogg Spinning, Yogafit

Taylor - Zumba

Tony - Madd Dog Spinning

Yolanda - Pilates