



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective April 2022

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance. A class may be filled with an alternate class when an instructor is unavailable.
- Those ages 12 and older may participate in group and aquatics exercise classes unless otherwise noted.
- Classes listed \$ are paid programs. All other classes are included with a membership.

GROUP EXERCISE SCHEDULE

SHIREMAN STUDIO (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
Yoga 9 - 10:00 a.m. Abby (ALSO ON ZOOM)	Group Cycling 6-7 a.m. Mary Ann Tai Chi \$ 9:00 - 9:45 a.m. Rick Haines		Group Cycling 6-7a.m. Mary Ann Tai Chi \$ 9:00 - 9:45 a.m. Rick Haines		
Cycle Together® 5:30-6:10 p.m. Lindsey		Pilates 9 - 10 a.m. Abby (ALSO ON ZOOM)	Online Yoga 9-10 a.m. https://us02web.zoom.us/j/82610270896 Meeting ID: 826 1027 0896 Abby	Yoga 9 - 10 a.m. Abby (ALSO ON ZOOM)	
Yoga for Athletes 6:20-7:05pm. Lindsey	Mindful Motions 5:30- 6:30p.m. Sam				

HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
R.I.P.E.D.® 5:15-6:15 a.m. Michelle	Running Training 5-6 a.m. Michelle		Running Training 5-6 a.m. Michelle	R.I.P.E.D.® 5:15-6:15 a.m. Michelle	Instructor's Choice 9:30 - 10:30 a.m. 4/2 Step Inferno w/Angela 4/9 Silver Sneakers w/Sarah 4/16 Full Body Hit w/Becky 4/23 Strength Train Together w/Janice 4/30 Barre w/ Angela
Silver Sneakers® Classic 9 - 9:55 a.m. Sarah	Country Throwdown 9 - 10:00 a.m.		Silver Sneakers® Classic 9 - 9:55 a.m. Sarah	Country Throwdown 9 - 9:55 a.m. Cheryl	
REFIT® 10:05 - 11:05 a.m. Cheryl	Curls & Crunches 10:05-10:35 a.m. Robert	REFIT® 10 a.m. - 11 a.m. Cheryl		REFIT® 10 a.m. - 11 a.m. Cheryl	
Barre 4:30 - 5:30p.m. Angela	Silver Sneakers® Classic 11:30a.m.-12:30p		Step Inferno 4:30-5:30p.m. Angela		
Strength Train Together® 5:45 - 6:45p.m. Janice	Cardio Strength Fusion 5:30 - 6:30p.m. Angela	AMPD Resistance & Strength 5:30 - 6:30p.m. Angela	Strength Train Together® 5:45 - 6:45p.m. Janice		
					SUNDAY CLASS Cardio Strength Fusion 1:00 - 2:00p.m. Angela

We have instituted the following measures to provide a *safer environment for everyone*:

- Tape has been placed on the floor for social distance spacing in group exercise classes.
- Masks are no longer required but recommended.
- Regularly disinfecting highly touched surfaces such as door handles and equipment after use.
- Smaller class sizes will be offered until all restrictions are lifted.
- The Heritage Room door will be used as an entry-only door and the Limeberry Room door will be used as an exit-only door.

CLASS COLOR CODE:

MIND/BODY	STRENGTH	CYCLE
CARDIO	DANCE	AOA (Active Older Adults)

CLASS DESCRIPTIONS

AMPD Resistance & Strength

A group fitness format designed to use various types of resistance bands/ barbells, choreographed to heart-pumping music to create a fun, energetic one-of-a-kind experience that is effective and safe for all fitness levels. It uses the rhythm, speed and phrasing of the music to keep all class participants on the same pace.

Barre

Barre fuses the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do; and it delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape. No dance experience is needed.

Cardio Strength Fusion

Experience a high intensity, full-body workout that targets the major muscle groups of the upper lower body. From circuit-style routines that jump-start cardio fitness to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant body weight.

Country Throwdown

Great country music with simple line dance-inspired moves. If you want to lose weight but have been waiting for the simple, fun program without burpees, pull-ups, or hip-hop backflips...You're gonna LOVE Country Throwdown.

Curls and Crunches

A low impact workout that targets upper and lower body, combining range of motion movements with light weights. This workout is ideal for all fitness levels.

Full Body Hit

Join us for a 30-minute high intensity interval training workout with 20 second exercises, and 10 second breaks that crank up you heart-beat and burn calories.

Group Cycling/Cycle Together

A superior cardiovascular workout which incorporates different levels of resistance, speed and intensity. Participants are encouraged to cycle at their own ability level.

MINDFUL MOTIONS

A stretching class for all levels. Works on strength, balance, and flexibility.

PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates transforms the way your body looks, feels and performs. Focusing on spinal alignment and strengthening abdominal and back muscles, Pilates builds strength without excess bulk, creating a sleek and toned body. Appropriate for all fitness levels.

REFIT®

REFIT® combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

R.I.P.P.E.D.

Want to lose inches and increase your metabolism? Not satisfied with your workouts? R.I.P.P.E.D. is what it takes! R.I.P.P.E.D. is a "Plateau Proof Fitness Formula" that masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

Running Training

Get ready for the mini-marathon! This class includes a mix of endurance runs and some interval training outdoors and indoors, to prepare you for a mini-marathon, but all runners are welcome.

SilverSneakers® Classic

Have fun and move to the music through 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 SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Step Inferno

This is a 55 minute high intensity step workout that is challenging, fun, and motivating. You will sweat and scorch calories with this exciting twist on traditional step training.

Strength Train Together

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

Tai Chi for Health

Tai Chi for Arthritis is based on Sun style tai chi that is an exercise which improves relaxation, vital energy, and its ability to improve mobility and balance. The program contains a carefully constructed set of warming-up and cooling-down exercises, Qigong breathing exercises, a Basic Core six movements, an Advanced Extension six movements, and adaptations of the movements for older adults. Also incorporated into the program is a safe and effective teaching system instructed by Rick Haines. For ages 18 and older.

Yoga

This yoga class is for all levels of yoga enthusiasts and will bring balance, strength and focus to your day.

Yoga for Athletes

Combines yoga, core work, mobility drills, Pilates, and breath control to meet an essential need for the athlete's body. This brand new class will entail breathing exercises, mobility for shoulders and hips, and a relaxation period at the end. By pairing breathing techniques with movement and stretching, for example, the simple but challenging workouts will create body awareness and will help our bodies recover after other workouts, prepare them for sleep at night and allow space to create more flexibility and mobility. This is a class for yogis, athletes, and anyone interested in trying something new that will better your overall performance in any other style of cross training or activity that you are doing throughout the week.