

Effective March 2024

- 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
<b>Yoga</b> 9 - 10:00 a.m. Abby  <b>(ALSO ON ZOOM)</b> <a href="https://us02web.zoom.us/j/82610270896">https://us02web.zoom.us/j/82610270896</a> Meeting ID: 825 5418 5178 Password: yoga	<b>Running Training</b> 5-6 a.m. Michelle  <b>Cycle Together</b> 9:00-9:45 a.m. Lindsey (Sarah subs 3/26)  <b>Tai Chi \$</b> 10:00 - 10:45 a.m. Rick Haines	<b>Pilates</b> 9 - 10 a.m. Abby  <b>(ALSO ON ZOOM)</b> <a href="https://us02web.zoom.us/j/82610270896">https://us02web.zoom.us/j/82610270896</a> Meeting ID: 825 5418 5178 Password: yoga	<b>Tai Chi \$</b> 10:00 - 10:45 a.m. Rick Haines  <b>Cycle Together</b> 5:45-6:30 p.m. Lindsey (Stacie subs 3/28)  <b>Yoga</b> 6:30 p.m.- 7:15 p.m. Lindsey (Sarah subs 3/28)	<b>Yoga</b> 9 - 10 a.m. Abby  <b>(ALSO ON ZOOM)</b> <a href="https://us02web.zoom.us/j/82610270896">https://us02web.zoom.us/j/82610270896</a> Meeting ID: 825 5418 5178 Password: yoga  (Sarah subs 3/15, 3/22)	
<b>Group Cycling</b> 6:30-7:30 p.m. Stacie	<b>Mindful Motions</b> 5:30- 6:30p.m. Sam				

## HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
	<b>Group Cycling</b> 6:30-7:30 a.m. Mary Ann	<b>Women on Weights (WOW!)</b> 6-6:45 a.m. Rhonda	<b>Group Cycling</b> 6:30-7:30a.m. Mary Ann		<b>Instructor's Choice</b> 9:30 - 10:30 a.m.  3/2 Full Body Hit w/Becky  3/9 Silver Sneakers w/Sarah  3/16 Strength Train Together w/Janice  3/23 NO CLASS  3/30 Barre w/Angela
<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>Country Throwdown</b> 9 - 10:00 a.m. Cheryl	<b>Full Body Hit</b> 9-9:30 a.m. Becky	<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>Country Throwdown</b> 9 - 9:55 a.m. Cheryl	
<b>REFIT®</b> 10:05 - 11:05 a.m. Cheryl	<b>Curls &amp; Crunches</b> 10:05-10:35 a.m. Robert	<b>REFIT®</b> 10 a.m. - 11 a.m. Robert		<b>REFIT®</b> 10 a.m. - 11 a.m. Cheryl	
	<b>Silver Sneakers® Classic</b> 10:45a.m.- 11:45p.m. Sarah	<b>Curls &amp; Crunches</b> 11:05-11:35 a.m. Robert			
<b>Barre</b> 4:30 - 5:30p.m. Angela (Robert subs 3/4)	<b>Step Inferno</b> 4:30-5:30p.m. Angela	<b>Barre</b> 4:30 - 5:30p.m. Angela	<b>Step Inferno</b> 4:30-5:30p.m. Angela		
<b>Strength Train Together®</b> 5:45 - 6:45p.m. Janice (No class 3/4)			<b>Strength Train Together®</b> 5:45 - 6:45p.m. Janice (No class 3/7)		

### CLASS COLOR CODE:

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

# CLASS DESCRIPTIONS

## 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.

## 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.

## 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.

## Women on Weights (WOW!)

Join other motivated women for abs and core training, strength, and endurance drills, jogging, calisthenics and more in this morning class geared to give results.

## Yoga

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