

April GROUP EXERCISE SCHEDULE



MONDAY

5:15-6:15a Strength Train Together* - Pam
 8:15-9:15a Great Start Yoga*** - Laura
 8:30-9:00 Shred* - Veronica
 9:00-10:00a Cardio Kickboxing* - Tina
 10:05-11:05a Strength Train Together* - Debbie
 11:10a-12:10p ReFit* - Jennifer Ann
 4:30-5:25p PiYo*— Suzette
 5:30-6:25p ReFit*—Cindy
 5:30-6:45p Cycle** - Lori
 6:30-7:35p Strength Train Together* - JoAn

TUESDAY

5:30-6:15a Cycle** - Jennipher
 8:00-8:50a Cardio Sculpt* - Chastity
 9:00-10:00a Cycle Burn** - Connie
 9:00-10:00a Cardio Dance - Tina
 10:00-11:00a Yoga* - Debbie
 4:30 - 5:25 Kickbox— Tina
 5:30-6:30p INSANITY* - Krista
 5:30-6:30p Cycle** - Paul
 6:45-7:45p Intro to Cycle** - Paul

WEDNESDAY

5:15-6:15a Strength Train Together* - Pam
 8:00-8:55a Rev+Flow—Jennifer Ann
 9:00-9:30 Step***** - Connie
 9:35-10:00a Cycle** - Connie
 9:00-10:00a Strength Train Together* - Suzette
 10:05-11:00a Cardio Kickboxing* - Tina
 11:00a-12:00p Cardio Circuit* - Rotating
 4:25-5:25p Tabata (3,10,17 24)
 5:30-6:30p Cycle** - Paul
 5:30-6:30p Strength Train Together* - Gretchen
 5:30-6:30p Power Yoga*** - Dora
 6:35-7:35p Zumba* -Marissa

THURSDAY

5:30-6:15a Cycle** - Jennipher
 8:00-8:55a Cardio Sculpt* - Chastity
 9:00-10:00a Zumba* - Lauren
 10:00-11:00a PiYo* - Rotating
 11:15-12:15 Linedance—Laura
 5:30-6:30p Cycle Circuit** - Paul
 5:30-6:30p INSANITY* - Lori
 6:45-7:30p Intro to Cycle** - Paul

FRIDAY

5:00-6:00a Strength Train Together* - Sherry
 8:00-8:55a Cardio Kickboxing* - Tina
 9:00-10:00a Cycle Burn***—Krista
 9:00-10:00a Strength Train Together* - Debbie
 10:10-10:55a Restorative Yoga* - Debbie
 5:30-6:30p Strength Train Together* -Pam

SATURDAY

8:30-9:30am Cycle
 8:30-9:30a Guilt Free Weekend* - Rotating
 9:45-10:45a Strength Train Together*- Rotating
 9:00a-10:00a Power Yoga *** (13,27) - Dora

8:30am Cardio **Strength Train Together**^{STT}
 6th- Tabata/Veronica Shred & Strength/Veronica
 13th- HIIT Cardio/Chastity **STT Launch/Team**
 20th- Kickbox/Tina STT/Suzette
 27th- PIYO/Debbie STT/Pam

Cycle:

6th, 13th, 20th-Paul
 27th-Gretchen

CLASS LOCATION KEY:

* Group Exercise Room ***Boardroom
 Cycle Room **Pool *****Gym

WATER CLASSES

MONDAY

- 7:00a-8:00a Basic Water****Robin
8:15-9:10a Deep Water****-Suzette
9:15-10:10a Basic Water****-Suzette
6:00-7:00p Water Therapy****Robin

TUESDAY

- 8:15-9-10a Deep Water****-Laura
9:15-10:00a Shallow Water
Stretch & Tone****-Laura

WEDNESDAY

- 6:45-7:45a Basic Water****-Robin
7:45-8:15a Function & Form****-Robin
8:15-9:10a Deep Water****-Robin
9:15-10:10a Basic Water****-Laura

THURSDAY

- 8:15-9:10a Deep Water****-Cindy
9:15-10;00a Shallow Water
Stretch & Tone****-Cindy

FRIDAY

- 7:00-8:00a Basic Water**** Robin
8:15-9:10a Deep Water****-Suzette
9:15-10:10a Basic Water****-Suzette

April Highlights

* **Strength Train Together Launches new round "April 2019" on 4/13/19**

- Mondays 9am Step and 5:30p Yoga classes have been canceled
- **Coach by Color Cycle Classes launch coming soon!**
- Two Saturday Power Yoga Classes 4/13 & 4/27



All group exercise classes are for ages 13 & up. Children ages 10-12 may attend with a parent. We suggest that everyone, especially children start with beginner and intro level classes. Please inform the instructor if you are new and of any medical conditions that may effect your ability to exercise. All classes and instructors are subject to change.

GROUP FITNESS CLASS DESCRIPTIONS (STUDIO)

Strength Train Together: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! For Your Safety, please come early to set up.

Cardio Circuit: A combination of traditional non-impact aerobics with body sculpting and core conditioning.

Cardio Dance: Another fun way to dance away some calories. A class that uses dance moves as well as athletic moves to give a full body workout. If you enjoy Zumba you will enjoy Cardio Dance.

Cardio Kick-box : A great calorie burner! This class is a cardio workout that uses punches and kicking drills for added intensity.

Cardio Sculpt: A 50 minute class that will boost your metabolism by combining your cardio workout and strength training into one great calorie burning class! Stations and interval formats allow for individualized workouts so all levels can get their best workout.

Cardio HIIT: High Intensity Interval Training...Keep your body guessing with cardio segments varied. Be ready for all types of exercise. Modifications available for all levels!

Guilt Free Weekend Workout: The "guilt-free weekend workout" consists of different cardio workouts to help you have a good & healthy start to the weekend, come on in & leave your guilt at the door.

Great Start Yoga: Start your week off with awareness and intention in this class for beginners and more experienced alike.

Insanity: This is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion. INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Linedance: Join your friends to walk and move through clearly called line moves and dance your way to fitness.

PiYo: Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo.....PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Refit: It is a cardio dance fitness program designed to engage the body and soul.

REV+Flow: Strengthen your body while being kind to your joints. A program launched from the designers of REFIT.

Strength Train Together: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! For Your Safety, please come early to set up.

SHRED: A 30 minute core workout. Prepare to roll, twist and plank your way to a stronger core all around.

STEP: Step back into the 80's with the original great full body workout. Using a step and riser to increasing the workload move your way to a stronger you.

WATER CLASSES (POOL)

Basic Water: This class works by activating multiple muscle groups at the same time. Uses water weights for resistance exercises.

Deep Water: Flotation belts are used so you can concentrate on your workout. During class you will use noodles and water weights for resistance, and core conditioning.

Shallow Water Stretch & Tone: A class designed to improve mobility through a series of stretching and strengthening exercises, performed in shallow water. All levels welcome.

Aqua Therapy: Focuses on flexibility, mobility and rehabilitation while using the water as a natural resistance.

CYCLE CLASSES (CYCLE ROOM UPSTAIRS)

Cycle: High Intensity calorie burning class! The instructor will lead you on a journey, yet you control the intensity. We offer different types of cycle classes throughout the week.

Cycle Burn : A great mix of cardio and strength! Start with 30 minutes of excellent cardio-interval style drills on the bike. The second half of the class consists of 30 minutes of interval style strength drills and weights off the bike.

Intro to Cycle: Join Paul to learn the basics of seat position and movements. This class will allow you to get your heart rate up, have fun and adjust to a new workout format!