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<th>Sunday</th>
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<th>Tuesday</th>
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**HIP HOP With Jennifer Returns!**  
Wednesday’s 4:30pm

**Try a ½ hour class**  
Stretch: Mondays 7:30pm  
Core & More: Thursdays 6:30pm

**New Class!**  
Prime Time Gold  
With June  
Wednesday’s 10:15am
Group Exercise Class Descriptions

Classes with an asterisk (*) are taught at a higher intensity.

Cardio Dance: Incorporates all forms of dance from ballet to hip hop for a total body workout. Improve your gracefulness, body coordination and self-confidence.

Core & More: Focuses on helping you get and stay strong through free weights, your body weight, stability balls, and more to challenge all your muscles, especially your core.

CYCLE: High-intensity, calorie-burning class. Space is limited, so come early! Bring a towel & water bottle; cycling shorts recommended.

*FIT FRENZY - Functional Fitness using a wide variety of full-body movements, Olympic lifts.

Fit Foundation: Combination of cardio and strength training for a total body workout. We will work together and individually to lay the foundation for an overall healthier life.

*Hip Hop & Hip Hop Fit - Upbeat, high energy urban style of dance that is forever evolving. Consisting of rap, hip-hop and pop sounds. Focusing on musicality and rhythm.

HIIT CIRCUIT: 2 Minutes Work, 30 Seconds Rest, 9 Stations, 2 Rounds. For ALL Fitness levels going at your own pace and challenging your own limits. Will do body weight exercises as well as incorporate various equipment.

*KICKBOXING: A great Calorie burner! Unique combination of Cardio and Martial Arts. Not recommended for those with muscular or joint injuries, inflammations or other limitations.

LINE DANCING: A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. Great for all levels.

PILATES: Body conditioning using stretching & strengthening work focused on the core.

PRIME TIME Gold: Cardio Dance and Body Toning for any skill level.

PIYO: A unique blend of strength training and core conditioning – a perfect combination of Pilates and Yoga set to vibrant music.

REFIT: A fitness experience that focuses on the heart as a muscle AND soul. Workouts are designed for everybody regardless of age, shape, size or ability. Creates an uplifting fitness experience that lasts well beyond the workout.

STRETCH: 30-minute class. Achieve full body flexibility, awareness and increased range of motion.

TABATA: Spice up your workout & burn more calories, alternating short periods of intense exercise with short periods of rest.

Tranquil Yoga - Create awareness of your posture and breath to improve everything else you do! Gentle movement and deep stretch benefit your entire being. The relaxation at the end of class is your Friday treat. We sit in a chair and use a chair for balance assistance as needed when standing.

Silver Sneakers® MSROM: Improves flexibility, functional strength & endurance using music & equipment for motivation & assistance.

*Group Power: Barbell class that will sculpt, tone and strengthen your entire body!

YChi- Ancient martial arts discipline that helps the student learn balance & coordination. (Great class for students with chronic conditions such as arthritis, joint or tissue inflammation.) Movements are slow and predictable progression.

YOGA: Strength training, stretching, abdominal work and relaxation for terrific body toning. Classes are designed for youth and adults, ages 15 & up. Children who are ages 10-14 may attend with parent supervision. Most classes may be adapted to your current physical level. Speak with the class instructor before class to ask what adaptations can be made to best improve your experience. Our instructors are here to serve you and help you get the most out of their class!