








# NOVEMBER GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		<b>FLOW YOGA</b> Sarah		<b>FLOW YOGA</b> Sarah		
8:30	<b>Stretch, Tone, Balance</b> -Sheila Blackburn GYM B	 <b>ACTIVE</b> Sheila	<b>Stretch, Tone, Balance</b> -Sheila Blackburn GYM B	 <b>ACTIVE</b> Edie	<b>Stretch, Tone, Balance</b> -Sheila Blackburn GYM B	
9:00	<b>SPIN</b> Kathleen Cycling studio	<b>WATER FIT</b> Faith Aquatics Center	<b>SPIN</b> Kathleen Cycling studio	<b>WATER FIT</b> Faith Aquatics Center	<b>WATER FIT</b> Faith Aquatics Center	
9:45	<b>FLOW YOGA</b> Sarah	<b>ALIGNMENT YOGA</b> Carol Ann	<b>YOGA SCULPT</b> Chris	<b>GENTLE FLOW YOGA</b> Sarah	 <b>ACTIVE</b> Edie	<b>FLOW YOGA</b> Sarah/Chris
11:00	<b>DANCE FITNESS</b> Jenn	<b>QIGONG/TAI CHI</b> Carol Ann	<b>DANCE FITNESS</b> Jenn	<b>PILATES</b> Terri ***NEW***	<b>DANCE FITNESS</b> Jenn	 <b>ZUMBA</b> Sarah
12:00	<b>LES MILLS BODYPUMP</b> Bonnie	<b>LES MILLS BODYATTACK</b> Bonnie	<b>LES MILLS BODYPUMP</b> Teresa	<b>LES MILLS BODYATTACK</b> Bonnie	<b>LES MILLS BODYPUMP</b> Kathleen	
2:00					<b>WATER FIT</b> Lucy Aquatics Center	
4:45		<b>SPIN FUSION</b> Vanessa Cycling Studio		<b>SPIN FUSION</b> Vanessa Cycling Studio		
5:30	<b>LES MILLS BODYPUMP</b> Eva		<b>LES MILLS BODYPUMP</b> Kathleen	 <b>ACTIVE</b> Sheila		
5:30	<b>WATER FIT</b> Lucy Aquatics Center	<b>WATER FIT</b> Lucy Aquatics Center	<b>WATER FIT</b> Lucy Aquatics Center	<b>WATER FIT</b> Lucy Aquatics Center		

## CLASS DESCRIPTIONS



A high-energy interval 55 minute training class that combines athletic aerobic movements with strength and stabilization exercises.



Bodypump is the original barbell to music resistance training class. You will increase muscular and cardiovascular strength and endurance as well as tone and shape. Every class features the latest hard hitting and inspiring tunes.



You CAN have it all! Get cardio, strength, balance and flexibility all in a fun 55 minute class. Easily modifiable, this class is for every fitness level.

**Dance Fitness** – This 45 minute class combines upbeat songs and fun dance moves into a fun and energizing calorie burning workout! No experience necessary!

**Mat Pilates** - Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.

**Spin** - This 45 minute class will fly by as you work sprints, intervals and speed training in our indoor cycling studio.

**Spin Fusion** – This class is an intense combo class where indoor cycling meets strength training-combined with weights, bands & floor exercises.

**Stretch, Tone, & Balance** Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and are suitable for all fitness levels.

**Tai Chi** A meditative, low impact series of gentle rounded movements performed to enhance health, strength, flexibility and balance.

**Yoga** Increases the body's ability for ease of motion and mobility in daily living while improving both balance and flexibility. Participation will bring a heightened awareness of the body-mind connection and potential.

**Water Fit** Also known as water aerobics, this class offers the participant the wonderful opportunity to enjoy the healing power of water while improving overall fitness through cardiovascular exercises that improve endurance, muscle tone and flexibility via water resistance, all in a low impact setting that is easy on the joints.



Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.