










OCTOBER GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30		 Edie Starts 10/22		 Edie Starts 10/24		
9:00					Spin Kathleen Yoga Fit Sherri Starts 10/25	
9:45	 Lisa	ALIGNMENT YOGA Carol Ann Starts 10/22	YOGA SCULPT Chris Starts 10/23	Flow Yoga Jocelyn Starts 10/24	Core & More Sherri Starts 10/25	
11:00	 Sarah Pierce	QIGONG/TAI CHI Carol Ann Starts 10/22		 Lisa	DANCE FITNESS Sherri Starts 10/18	
12:00	LES MILLS BODYPUMP Bonnie	LES MILLS BODYATTACK Bonnie Starts 10/22	LES MILLS BODYPUMP Teresa	LES MILLS BODYATTACK Bonnie	LES MILLS BODYPUMP Kathleen	
2:00	Water Fit Lucy	Water Fit Lucy Starts 10/22	Water Fit Lucy	Water Fit Lucy	Water Fit Lucy	
4:45		Spin Fusion Vanessa Starts 10/22	Barre at 4:30pm Shannon Starts 10/23	Spin Fusion Vanessa Starts 10/24		
5:30	LES MILLS BODYPUMP Eva		 Lisa	 Edie		



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!



DDPY workouts combine yoga positions, sports rehab therapy, old school calisthenics, and dynamic resistance. This workout is for all fitness levels and will strengthen muscles, ligaments and tendons while stabilizing core muscles, increasing flexibility, agility and balance.

Mobility - Extend your fitness routine to include flexibility & stability. MOBILITY, is an intentional approach to lengthen muscles & tendons that have shortened or are exceedingly tight as the result of lifting, a surgery, or work related activities. Class structure includes mobility training with basic yoga movements.

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.