











September GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		SPIN Alesia Cycling Studio		SPIN Alesia Cycling Studio		
6:45		MOBILITY Sarah Hawk		FLOW YOGA Sarah Hawk		
8:30	Stretch, Tone, Balance -Sheila Blackburn GYM B	 Sheila	Stretch, Tone, Balance -Sheila Blackburn GYM B	 Edie	Stretch, Tone, Balance -Sheila Blackburn GYM B	
9:00	WATER FIT Rose	Aqua Arthritis June	WATER FIT Rose	Aqua Arthritis June	WATER FIT Rose	SPIN Kathleen
9:45	 Lisa Isley	ALIGNMENT YOGA Carol Ann	YOGA SCULPT Chris	FLOW YOGA Jocelyn	 Edie	FLOW YOGA Rotating Instructors
11:00	 Sarah Pierce	QIGONG/TAI CHI Carol Ann		 Lisa Isley	DANCE FITNESS Sherri	
12:00	LES MILLS BODYPUMP Bonnie	LES MILLS BODYATTACK Bonnie	LES MILLS BODYPUMP Teresa	LES MILLS BODYATTACK Bonnie	LES MILLS BODYPUMP Kathleen	
4:45		SPIN FUSION Vanessa Cycling Studio		SPIN FUSION Vanessa Cycling Studio		
5:30	LES MILLS BODYPUMP Eva		 Lisa Isley	 Sheila		
5:30	WATER FIT Genevieve Aquatics Center	WATER FIT Lucy Aquatics Center	WATER FIT Genevieve Aquatics Center	WATER FIT Lucy Aquatics Center		



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.