



NOVEMBER GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Stretch, Tone, Balance- Sheila Blackburn GYM B **Starts 11/11**	ACTIVE Sheila	Stretch, Tone, Balance- Sheila Blackburn GYM B	ACTIVE Edie	Stretch, Tone, Balance- Sheila Blackburn GYM B **Starts 11/15**	
9:00	Water Fit Genevieve		Water Fit Genevieve		Spin Kathleen Yoga Fit Sherri Through 11/8 Water Fit Genevieve	
9:45	 Lisa	Alignment Yoga Carol Ann	Yoga Sculpt Chris	Flow Yoga Jocelyn	Core & More Sherri Through 11/8 ACTIVE Edie Starts 11/15	Flow Yoga Rotating Instructors
11:00	 Sarah Pierce	Qigong/Tai Chi Carol Ann	Ripped Ride Spin Nelle **NEW CLASS**	 Lisa	Dance Fitness Sherri	Ripped Ride Spin Nelle **NEW CLASS**
12:00	LES MILLS BODYPUMP Bonnie	LES MILLS BODYATTACK Bonnie	LES MILLS BODYPUMP Teresa	LES MILLS BODYATTACK Bonnie	LES MILLS BODYPUMP Kathleen	
2:00	Water Fit Lucy	Water Fit Lucy	Water Fit Lucy	Water Fit Lucy	Water Fit Lucy	
4:30		Grind Nelle **NEW CLASS**	Barre Shannon **NEW CLASS**			
4:45		Spin Fusion Vanessa		Spin Fusion Vanessa		
5:30	LES MILLS BODYPUMP Eva	 Vanessa Phillips ** NEW CLASS**	 Lisa	ACTIVE Sheila **Starts 11/21**		



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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.

Barre - Barre is distinguished from other group fitness activities by its use of the ballet barre and its incorporation of movements derived from ballet.

Ripped Ride – This is a class that combines traditional spin with strength training for an intense workout experience to crush your weight loss & muscle toning goals.

Grind – HIIT (High Intensity Interval Training) style circuit training. A proven method for burning a high amount of calories in a short amount of time. This will be a combination of strength training movements, calisthenics (body weight movements), and cardio.

Tabata – Strength and cardio done Tabata style. Tabata is short bouts of exercise followed by short amounts of rest.