

Group Exercise Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Osteoball Training for Bone Health 9:30-10:30	SilverSneakers® I 9:30-10:30	SilverSneakers® Yoga Stretch 9:00-9:50	SilverSneakers® I 9:30-10:30		Power & Pump 9:30-10:30
	Gentle Yoga 6:00-6:45	Gentle Yoga 10:45-11:45 am <i>(paid class)</i>	Pilates 10:00-10:50		Zumba 5:30-6:30 pm	
	Zumba 7:00-8:00	Kardio Kickboxing 6:00-6:45	30/30 Cardio & Conditioning 7:00-8:00	Pilates II* 7:00-8:00		
		Pilates I 7:00-8:00				

All classes are free to members unless otherwise indicated, \$7.00 for non-members.

Class participation is on a first come first serve basis. Capacity is at the discretion of the instructor.

Gentle Yoga

This relaxing program offers stretching and strengthening of the body to improve posture and focus the mind. Taught in a “user friendly” Hatha Vinyasa flow style, poses are linked together to create strength, flexibility, endurance, and balance. Non-aerobic. *Please bring your own mat.*

Kardio Kickboxing

A high energy class combining movements from boxing, martial arts, and kickboxing, set to powerful music. Burn calories and tone your body while building strength, stamina, and incredible mental and physical focus.

30/30 Cardio & Conditioning

Burn calories and build muscle! A 30 minute Hi/Lo floor cardio workout, followed by 30 minutes of light weight training, abdominal exercises and stretching.

Osteoball Training for Bone Health

Designed especially for clients with bone and joint related conditions, this class will introduce you to an innovative new product called the Osteoball. Osteoball exercises focus on improving muscle and bone health. For more information see the Community Center trainer.

Pilates

Based on the principles of Joseph H. Pilates and taught by our certified instructor, all movements are performed on mats using the core muscles of the body. Appropriate for beginners as well as more advanced students. Now offered Tuesday evenings and Wednesday mornings for your convenience.

Pilates II

A different twist on Pilates. In addition to mat work this class uses stability balls and resistance bands. No prior Pilates experience required.

Power & Pump

A multi-level class designed for cardio lovers. An interval format of cardio and resistance training intervals to burn fat! Come ready to work. *Now including a challenging core workout!*

ZUMBA®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you’ve got Zumba®!

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Yoga Stretch

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Personal Training Packages

Learn how to make the most of your workout and achieve your health and fitness goals with the help of our qualified personal training staff. Each one hour session is booked with our qualified staff trainer. Price is based on the number of sessions purchased at the time of booking.

One Session	\$40.00
Three Sessions	\$100.00
Five Sessions	\$150.00

See the trainer to schedule personal training sessions.

DRUMS ALIVE®

Drums Alive® is different from every other workout you’ve tried before. It captures the essence of movement and rhythm and combines it with fun, delivering real fitness results!

**New Date - Saturday, February 27
11:00 AM - Noon
\$5.00 fee**



The Community Center gymnasium and indoor turf arena are also available to rent. Call (315) 524-7020 for rates and availability.