

# GROUP EXERCISE & PERSONAL TRAINING

## Group Exercise Class Schedule

| Sunday | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|--------|---|--|--|---|---|--|
|        | SilverSneakers®<br>Cardio Circuit<br>8:15-9:15<br><i>(through April 22)</i> | SilverSneakers®<br>Classic<br>9:30-10:30               | Pilates<br>9:00-9:50<br>SilverSneakers®<br>Yoga<br>10:00-10:50 | SilverSneakers®<br>Classic<br>9:30-10:30                  | Zumba Gold<br>9:30-10:30<br> | Ab Express<br>8:05-8:15<br>Power & Pump<br>8:15-9:15 |
|        | Yoga<br>5:50-6:50   | Kardio Kickboxing<br>6:00-6:45<br>Pilates<br>7:00-8:00 | Body Sculpt<br>5:30-6:30<br>Zumba<br>6:30-7:20                 | Body Works<br>5:30-6:30 pm<br>Stability Ball<br>7:00-8:00 |   |  |

Classes are free to members, \$7.00 for non-members.  
Class participation is on a first come first serve basis. Capacity may be limited.

### Ab Express with Power & Pump

**Ab Express** - Wake up those ab muscles! Join ab express immediately before Power & Pump on Saturday morning and get in a quick intense ab workout. Stay for Power & Pump and you'll be in great shape to take on the weekend.

**Power and Pump** is a multi-level class designed for cardio lovers. An interval format of cardio and resistance training intervals to burn fat! Come ready to work.

### Body Sculpt

Start sculpting your body today. This class includes both strength training and high intensity cardio and is appropriate for beginners to more advanced participants.

### Body Works

Get the results you've been looking for with a head to toe workout. Body Works is a 60-minute strength building class appropriate for all ages and fitness levels. You'll feel stronger, stand taller, and look great.

### Yoga

This class overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. It blends balance, strength, flexibility and power in a fitness format. The Yoga style reduces the risk of injury and augments recovery for conditions including stress, lower back pain and tension.

### 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.

### 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. Offered Tuesday evenings and Wednesday mornings for your convenience.

### Pilates with Stability Ball

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

### Zumba®

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® Classic

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

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.

### SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

### Zumba Gold®

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, and those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit.

### 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. 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**

### FITNESS CENTER JUNIOR CERTIFICATION

Get your pre-teen started out on the right foot. This comprehensive course is designed to teach junior members the proper use of cardio and strength training equipment. Topics covered include stretching, gym etiquette, exercise safety, resistance training techniques, and good nutrition. This course is designed for students who are part of a family membership. Upon successful completion, students will be allowed to work out with their parents in the fitness room.

**WHO:** Boys & Girls that are 10 & 11 year old members  
**WHEN:** Scheduled upon registration  
**WHERE:** Meet in Community Center Group Ex Room  
**FEE:** \$20.00