



GROUP EXERCISE SCHEDULE June-July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell HIIT 5:00-6:00am Sandy		Barre 5:00-6:00am Sam	Morning Strength 5:00-6:00am Brian			
Sunrise Cross Training 6:00-7:00am Thom	Total Body 6:00-7:00am Michelle		Sunrise Cross Training 6:00-7:30am Thom	Abs & Glutes 6:00-6:30am Michelle/Merilee		
	Living Fit 8:00-8:50am Merilee		Living Fit 8:00-8:50am Merilee		Cycle/Strength 8:00-9:00am Kristie 30/30 minutes	No TRX July 3rd
	HIIT & Lift 9:00-10:00am Melina	Strong Nation 9:00-10:00am Sarah	Wicked Workout 9:00-10:00am Kristie	Barre 9:00-10:00am Merilee	Zumba 9:15-10:15am Ashley	
Cardio Barre 10:00-11:00am Merilee			Stretch Yoga 10:00-11:00am Kristie			
		Cycle & Lift 4:00-5:00pm Lucille/Melina 30/30 minutes	Circuit Training Amanda 4:00-5:00pm			
Cross Training 5:30-6:30pm Beth	80's Step Party 5:30-6:30pm Missy	Pi-Yoga 5:30-6:30pm Thayi	HIIT 5:30-6:15pm Beth			
Kickboxing 6:30-7:30pm Melina	Barbell Pump 6:30-7:30pm Julie	Zumba 6:30-7:30pm Sarah	Stretch yoga 6:30-7:30pm Christie			
Group Cycling						
Sarah 9:00-10:00am					Kristie 8:00-9:00am	No Cycle July 3rd
		Melina 4:00-5:00pm				
Kristie 6:30-7:30pm		Sothy 5:30-6:30pm				

Kettlebell HIIT Training

Kettlebells require full body movement, integration and core stabilization. Combined with cardio intervals and other fitness equipment this class provides all you need to improve fitness.

Sunrise X-Training

Early morning class that offers a high energy, medium intensity workout. A combination of step, resistance bands, weighted bars, tubing and barbells

TRX®

Suspension training builds true functional strength, balance and core stability all at once. Balls, ropes, bands and more will be incorporated in the classes.

Cardio Barre

Burn calories and build lean muscles. The workouts combine the small pulsing movements of barre with large dynamic cardio exercises to get your heart rate up! All are welcome

Cross Training

Improve your cardiovascular endurance and output and build stronger, lean muscles with a variety of cardio and strength combinations.

Kickboxing

A combination of martial arts techniques with fast-paced cardio. Build stamina, improve coordination and burn calories with fun. Good for all levels

Indoor cycling

Classes provide participants a varied cycle experience featuring drills based on cadence, speed, RPMs and intensity. Everyone works at their own level.

Total Body

Build muscle strength and power through a combination of body weight training techniques and conditioning drills.

Living Fit

Designed for the active older adult, and health seekers new to exercise. Following a warm up, activities include cardio, strength, stability, balance and flexibility.

HIIT and Lift

Weights are not the enemy! This class will help you build strength and boost your metabolism. Burn calories during and after class.

80's Step Party

An old classic is back! This involves uncomplicated, fun choreography and muscle conditioning. All levels of fitness are welcome. You can do it without a Step too!

Stretch Yoga

Focus on lengthening and relaxing primary muscle groups with a different artist or music genre each week. Everyone needs stretching

STRONG Nation®

Body weight conditioning, cardio and plyometric training moves. Every exercise is driven by the music, helping you make it to that last rep, and maybe even five more.

Strength & More

A combination of strength, cardio intervals, balance, and yoga. A great class for beginners as well as seasoned exercisers!

Pi-yoga

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga at a faster but low impact pace.

Zumba

Spanish slang for "to move fast and have fun", Zumba combines infectious music, easy to follow dance moves with hip-hop and Latin rhythm.

Morning Strength

5:00 am body wake up, Class involves strength training exercises using weights, bands, bars and medicine balls to increase strength and endurance.

Wicked Workout

A challenging class meant to push you to your limit. Incorporates movements for the whole body for greater muscle recruitment and are based on normal training principles. As wicked as you want!

HIIT

High intensity interval training is a cardio training method that alternates short, high intensity intervals with longer, slower recovery. Benefits all

Barbell Pump

No need to hit the gym for barbell work. This class combines upper and lower body moves. Start easy and add more plates to increase weight as you get stronger.

Abs and Glutes

Strong glutes and abs improve posture, help reduce back pain and provide fundamental strength and stability for daily tasks and athletic movements.

Barre (Fancy Pants Friday)

A hybrid workout combining ballet moves, dance, Pilates, dance, and strength training. High reps, low weight and small range of movements. Fun!

Cycle and Strength

A challenging combination format. 20 minutes of cardio followed by an off the bike strength training session both staying true to training principles.

Cycle and Lift

30 minutes of cycle followed by 30 minutes of upper body and core conditioning off the bike

Circuit Training

A combination of cardio, weight training and balance training using equipment and/or body weight, ending with functional movement and stretching.

Why group exercise classes?

Be motivated
Accountability
Learn proper form
Variety of workouts
Meet new friends
Have fun

Group Fitness Policies

- All classes are drop-in for members 15 and older
- Please bring clean sneakers. Shoes may not be worn in from outdoors.
- Cycling classes require a bike reservation no more than 24-hours in advance. (Monday night classes reserve Monday morning. Reservations can be made for only one class daily
- Bike will be forfeited at designated start time if member with reservation is not seated.
- The doors to Cycling Studio will open 10 minutes prior to class start
- 12-14 year olds may participate in group fitness classes when accompanied by a parent/guardian and if the equipment can be appropriately fitted to their size.
- Members are encouraged to work at their own pace. Modifications are provided as activities allow.
- Water bottles and hand towel are required. No cell phones, gym bags or outer wear are allowed in class room