



# Group



# ercise Schedule

Effective November 13, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:45 <b>Kickbox Fusion</b> <i>Natalie</i>				
8:45-9:30 <b>Total Body</b> <i>Natalie</i>	9:30-10:15 <b>Cycle</b> <i>Michelle</i>		8:30-9:15 <b>Cycle</b> <i>Michelle</i>		9:15-10:15  <i>Theresa</i>	
9:30-10:30  <i>Kathy</i>	9:30-10:30  <i>Krishna</i>	9:30-10:15 <b>Bootcamp</b> <i>Rai</i>	9:30-10:15  <i>Michelle</i>	9:30-10:30  <i>Supattra</i>	10:30-11:30 <b>Interval Madness</b> <i>Vicky</i>	9:30-10:15 <b>SWEAT</b> <i>Nicole</i>
10:30-11:30 <b>Cardio Sculpt</b> <i>Carol Ann</i>	10:30-11:15  <i>Michelle</i>	10:30-11:30 <b>Cardio Sculpt</b> <i>Michele</i>	10:30-11:30 <b>Pilates Fusion</b> <i>Donna</i>	10:30-11:15 <b>Kickbox Fusion</b> <i>Natalie</i>	10:30-11:15 <b>Cycle</b> <i>Theresa</i>	10:30-11:30  <i>Krishna</i>
11:30-12:30 <b>Forever Fit</b> <i>Danny</i>	11:30-12:30 <b>Yoga</b> <i>Jennifer</i>	11:45-12:45 <b>Beginner Yoga</b> <i>Melissa</i>	11:30-12:30 <b>Forever Fit</b> <i>Danny</i>	11:30-12:30 <b>Yoga</b> <i>Jennifer</i>	11:45-12:45 <b>Yoga</b> <i>Melissa</i>	
5:30-6:30  <i>Theresa</i>	5:30-6:30  <i>Sally</i>	5:30-6:30  <i>Krishna</i>	5:15-6:00 <b>Bootcamp</b> <i>Rai</i>			
6:30-7:30  <i>Bernadette</i>	6:30-7:30 <b>Interval Madness</b> <i>Vicky</i>	5:30-6:30 <b>MELT Method</b> <i>Doreen</i> <i>* RAQUATBALL COURT</i>	6:00-6:45 <b>Barre Above</b> <i>Jennifer</i>	6:15-7:15 <b>Zumba Abs</b> <i>Chris P</i>		
6:30-7:15pm <b>Cycle</b> <i>Cherisse</i>	7:30-8:30 <b>Restorative Yoga</b> <i>Melissa</i>	6:30-7:15 <b>SWEAT</b> <i>Nicole</i>	7:00-7:30 <b>Cycle</b> <i>Cherisse</i>			

# Group Exercise Guidelines & Class Descriptions

All instructors are certified. All classes must have consistent attendance of eight participants to remain on schedule.

**Barre Above Fusion:** Blends ballet, yoga, Pilates, cardio and strength to sculpt your body.

**Bootcamp:** Total body with timed intervals.

**BODYPUMP™:** The original barbell class that strengthens your entire body. Challenge all your major muscle groups using exercises like squats, presses, lifts and curls.

**Cardio Sculpt:** Intervals of Cardio & Strength Training.

**Cycle:** A versatile workout throughout the whole spectrum of intensities, these rides alternate bursts of speed and power with recovery.

**Forever Fit:** This is a strength training class designed to increase the muscular strength, endurance and flexibility of our mature members.

**Interval Madness:** A high-energy class that combines intervals of step, high/low impact and sculpting.

**MELT Method:** Is a science-backed, self-care technique using specifically designed hand and foot treatment balls.

**Pilates Fusion:** This class combines the movements of Pilates with Barre and fitness elements.

**SWEAT:** High intensity resistance training followed by short and active recovery.

**Restorative Yoga:** Is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels and is practiced at a slow pace.

**Total Body:** Body conditioning that targets all the major muscle groups.

**Yoga:** An ancient practice of uniting all aspects of a person – body, mind and spirit – through physical postures, breathing exercises and meditation. Flexibility, strength and muscle tone, improve quickly.

**Zumba™:** Zumba is a danced - based fitness craze! Dynamic movement to a fusion of Latin and International music.

**Zumba™ Abs:** This is a high energy hard workout disguised as a dance class, with 80% fitness & 20% dance. And the last 15 min. are all abs.