



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: July

**Group Fitness
Schedule
SUMMER 2019**

Schedule begins
Monday, July 1, 2019

Child Watch Hours:
Monday 9-12, 4-7:30p
Tuesday 9-12, 4-7:30
Wednesday 9-12, 4-7:30
Thursday 9-12, 4-7:30
Friday 9-12, 4-7:30
Saturday 9-12 noon
Sunday - closed

*** Classes held upstairs in
Exergame Room**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00a Energize Step Diane	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00 – 6:45a The Beginners Guide to Moving Stronger David *on Queenax	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00-7:00a Energize Step Diane		
7:00-8:00a 20-10 Keith	6:00-7:00a Power Yoga Flow Natasha *In Exergame	6:00-7:00a Energize Step Diane	6:00-7:00a Power Yoga Flow Natasha *In Exergame	7:00-8:00a Yoga Barbara	7:30-8:30a Energize Step Diane	
8:00-9:00a Body Sculpt Andy *in Exergame	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Frank	7:00-8:00a Pilates Louise	8:05-9:05a Low Impact Esther	8:45-9:45a Hardcore Justin	
8:15-9:10a Zumba Barbara	8:00-9:00a Pilates Barbara	8:05-9:05a Low Impact Tammy	8:00-9:00a Pilates Barbara	8:00-9:00a Tai Chi for Balance Louise *in Exergame	10:00-10:45a Fit Kids Carolyn *in Exergame	
9:15-10:15a Power Hour Barbara	8:00-9:00a Fit for Life Frank *in Exergame	8:15a-9:15 Tai Chi for Balance Louise *in Exergame	8:00-9:00a Fit for Life Frank *in Exergame	9:05-9:35a Yoga Deb *in Exergame	11:30-12:15p Move4Life Kids David *in Exergame	
9:30-10:30a Enhance Fitness Frank *in Exergame *Signup Required	9:15-10:15a Zumba Esther	9:15-10:20a Classic Nia Jessica	9:15-10:15a Power Hour Sona	9:15-10:20a Nia Sculpt Jessica		12:15-1:15p Zumba Christy
10:45-11:45 Livestrong Alumni -Deb *in Exergame	9:15-10:15a Live Life Yoga Kay *in Exergame	9:30-10:30a Enhance Fitness Frank *in Exergame *Signup Required	9:15-10:15a Live Life Yoga Kay *in Exergame	9:45-10:45a Enhance Fitness Frank *in Exergame *Signup Required		12:30-1:15p Move4Life Kids David *in Exergame *Signup Required
10:45-11:45 Zumba Sona	10:30-11:30 Half and Half Marcia	10:45-11:45a Livestrong Alumni -Deb *in Exergame	10:30-11:30a Kripalu Hatha Yoga Gordon	10:30-11:30 Body Sculpt Marcia		12:45-1:45p Aqua Zumba Carolyn
	11:45-12:45p Kripalu Hatha Yoga Gordon	10:45-11:45a Zumba Sona	1:45-2:30p Yoqua Kay *In Small Pool			1:45-2:45p Yoga Nikki
		11:45-12:45p Vitality Stretch Amy				
		1:00-2:00p Fitness Chair Denise G *in Exergame	4:30-5:30p Zumba Christy			
4:30-5:30p Zumba Christy	4:30-5:30 Yoga Flow Dessie	4:15-5:15p Yoga flow Sam	5:30-6:30p Bootcamp Justin	5:00-6:00p Body Sculpt Chris		
6:30-7:30p Yoga Flow Sheri	5:00-6:00p Body Sculpt Chris *in Exergame	5:30-6:30p Cardio Hip Hop Sona	6:30-7:30p Hatha Yoga Mazie			
	6:00-7:00p Stretch & Restore Chris *in Exergame	6:30-7:30p Zumba Toning Carolyn	6:30-8:30p Aikido Larry *in Exergame			

20-10 – Tabata workout which is an intense 20 second workout, with 10 second rest. This class will increase heart rate, make you sweat and give you a super fun workout.

Alignment Yoga- All levels and all ages, This class focuses on restoration of posture, pain relief, and spinal straightening.

Aikido – Beginning Aikido is a Japanese martial art that helps you discover your power and control within. Aikido increases strength and flexibility and gives you confidence. It does not rely on power and strength, just self-control.

Body Sculpt – A 60 minute total body workout using a variety of fitness equipment and light cardio to get your heart pumping.

Bootcamp – “Non-Aerobic” class integrates functional movements performed at high intensity for max results.

Beginners Guide to Moving Stronger- Learn the classic strength training moves and methods of progressive bodyweight training. This general bodyweight superset program develops your “pillar,” or core strength, increases lean muscle, improves mobility and coordination that will take your workouts to the next level.

Energize Step – A total combo class of cardio interval using steps or kickbox moves or both! Mixed with sculpt intervals to strengthen and tone.

EnhanceFitness - Designed to help seniors strengthen muscles, improve movement in joints, increase flexibility and balance, and enhance heart and lung function. We use light weights, flexbands, music, dance, and humor to foster a fun atmosphere to motivate participants to improve their vitality and enjoyment of Life.

Fit for Life– A class for seniors emphasizing balance/fall prevention, stretching, and strengthening exercises to increase muscle mass and deter osteoporosis.

Fitness Chair – This class will build strength, improve range of motion, improve balance and flexibility. The class will utilize dyna-bands, resistance tubes, and weighted balls in a variety of exercises to improve overall health and well-being.

Half and half – Half easy to follow but challenging cardio followed by half muscle conditioning using a variety of fitness equipment.

Hardcore– This class is designed to improve strength and stability. It will improve overall balance and stability for your everyday health and well-being through functional movements performed at high intensity for max results.

Kripalu Yoga is a hatha yoga geared for all levels with an emphasis on breathing to connect the mind and body. It stresses individualizing one's experience by listening to the body and practicing self-observation without judgment.

Live Life Yoga – This class is specially designed to help with such ailments as arthritis, back pain, headaches and sleep problems common in the over 50 crowd. Meets in Xergames Room.

Low Impact Aerobics – This low impact, calorie-burning workout will have your toes tapping and your heart pounding. This class combines classic aerobic moves with creative circuit training for all over body toning.

Nia Interval Dance – A dynamic cardiovascular workout combining dance, martial arts and yoga mixed with intervals of strength. Improve mobility, flexibility and balance while having fun to soul-stirring music.

Pilates – This hour-long class focuses on breathing, technique and postures created by Joe Pilates. Beginner and advanced all welcomed.

Power Yoga Flow-A Vinyasa flow designed to build strength, improve endurance, and increase overall flexibility while getting in a great sweat session. Welcome to all levels, Power yoga is a heated class with temperatures between 70 and 80 degrees.

Power Hour/Powersculpt – This is an overall body-toning program with concentration on the large muscle groups.

Restorative Yoga - A gentle flow class that incorporates a series of classic yoga poses with breath work and mindfulness. Focus on building strength and flexibility through proper alignment and your own body weight.

Stretch & Restore: A restorative stretching class to increase flexibility and decrease muscle tension in the body. A blend of static stretching, Yin yoga sequences and meditation will be used to achieve results.

Vitality Stretch – Participants will gain flexibility, freedom from pain, strength, balance and stress reduction, as well as many other benefits.

Yoga Sculpt – Take the poses of traditional yoga and add sculpting work with weights – this is a challenging class that will build strength and keep you flexible.

Yoqua - practicing Yoga in warm water: the class benefits from the water's buoyancy, resistance and soothing warmth while safely moving with ease and comfort. Yoqua addresses balance and stability, lengthens and strengthens muscles and improves overall stamina. No Yoga experience or knowing how to swim is necessary.

Zumba– We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba Toning – When it comes to body sculpting, Zumba Toning raises the bar! It combines targeted body sculpting exercises and a high energy cardio workout with Latin infused Zumba moves to create a calorie-torching, strength-training dance fitness party.