

**ADULT/FAMILY/YOUTH | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | NOV 1 - DEC 18**

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>FACILITY HOURS</b>	7AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-10PM
<b>MIND/BODY</b>							
<b>PILATES MAT</b>			6-6:50PM Dance/Yoga Studio Elise		7-8PM Wellness Studio Elise		
<b>YOGA</b>		7:15-8:15PM HATHA Dance/Yoga Studio Paige					
<b>STRENGTH &amp; CONDITIONING</b>							
<b>BARRE</b>		6:15-7PM Dance/Yoga Studio Stephanie		6-7PM Dance/Yoga Studio Elise			
<b>BOOT CAMP</b>			9:15-10AM Gym 1 Stephanie	7:15-8:15PM Wellness Studio Elise	9:15-10AM Gym 1 Kim		9-10AM Gym 1 Ashton
<b>CYCLE</b>		6:30-7PM Wellness Studio Brett	5-5:45PM Wellness Studio Andrea				10:15-11AM Wellness Studio Ashton
<b>INTERVAL</b>	9-10AM CIRCUIT Turf Andrea	9:15-10:15AM CIRCUIT Turf Kim  5:15-6PM TABATA Wellness Studio Stephanie		5:30-6:15PM CIRCUIT Turf Andrea/Courtney		10:30-11:30AM CIRCUIT Gym 1 Kim	
<b>LIVING STRONG</b>						9:15-10:15AM Wellness Studio Elaine	
<b>TOTAL BODY BLAST</b>			6-6:50PM Wellness Studio Ioana	9:15-10:15AM Gym 1 Stroller Friendly Cheryl	6-6:50PM Wellness Studio Stephanie		
<b>TOTAL BODY STRENGTH</b>		7:15-8:15PM 360 Wellness Studio Brett	7-7:30PM GLUTE GLORY Wellness Studio Ioana  7:40-8PM HARD CORE Wellness Studio Ioana				
<b>DANCE FITNESS</b>							
<b>ZUMBA™</b>	10:30-11:30AM Gym 1 Margareta	6-7PM Gym 1 Vincent	10:15-11:15AM Gym 1 Damara  8:15-9:15PM Gym 1 Damara		10:15-11:15AM Gym 1 Vincent  8:15-9:15PM Gym 1 Vincent		10:15-11:15AM Gym 1 Damara/Yuri

**ACTIVITY DESCRIPTIONS & INTENSITY RATING**

<b>BARRE</b>	<b>3-4</b>	Get strong, long and lean with this low-impact total body barre class that incorporates elements of ballet, yoga, pilates and strength training to sculpt your body. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
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<b>BOOT CAMP</b>	<b>3-5</b>	Challenge your mental and physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are both challenging and fun. Prepare to sweat and be pushed!
<b>CYCLE</b>	<b>3-5</b>	Various formats will be offered. A more detailed schedule will be available soon.
<b>INTERVAL - CIRCUIT</b>	<b>3-4</b>	Elevate your training with this total body circuit-style interval class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn and total body conditioning.
<b>INTERVAL - TABATA</b>	<b>4-5</b>	Take up the intensity with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest.
<b>LIVING STRONG</b>	<b>3-4</b>	Move better, live fit! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities.
<b>PILATES MAT</b>	<b>3</b>	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises.
<b>TOTAL BODY BLAST</b>	<b>3-4</b>	Ignite your metabolism with a fun, endurance-focused workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina. <i>*For <b>Stroller-Friendly</b> classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.</i>
<b>TOTAL BODY STRENGTH - 360</b>	<b>3-4</b>	Become a force to be reckoned with in this strength-based, full-body class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
<b>TOTAL BODY STRENGTH - ALL ARMS</b>	<b>3</b>	30 minutes dedicated to those bi's, tri's, shoulders, back and chest. Upper body strength is important to ensure you are able to lift, push and pull your way through all of life's challenges. You are going to need a plumber after this class....because those pipes are going to burst!
<b>TOTAL BODY STRENGTH - HARD CORE</b>	<b>3</b>	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
<b>TOTAL BODY STRENGTH - GLUTE GLORY</b>	<b>3</b>	Never skip leg day! Build a strong lower body with this glute and leg focused workout. Improve lower body and core strength, prevent lower back, hip and knee pain, and function more effectively in your daily activities. Warning... legs may feel shaky after this class! No need to go to Georgia for your peaches.
<b>YOGA HATHA</b>	<b>2-4</b>	Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga. Yoga mats are not provided.
<b>ZUMBA™</b>	<b>3</b>	Take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® classes are often called exercise in disguise.

**INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity**

*\*Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.*

