

OUTDOOR AND INDOOR PROGRAM SCHEDULE | SUMMER 2021 | JUL 12 - SEP 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN FITNESS SCHEDULE

MIND/BODY = BLUE | STRENGTH & CONDITIONING = BLACK | ZUMBA = RED

	SUN	MON	TUE	WED	THU	FRI	SAT
OUTDOOR PROGRAM SCHEDULE (PRE-REGISTRATION REQUIRED)							
OUTDOOR AM	9:30-10:30AM TOTAL BODY STRENGTH Zhouhara/Meshkin <i>*Moves indoor July 25*</i>	9:15-10:15AM LIVING FIT Jen 9:30-10:30 AM H.I.I.T Johanna	9:15-10:15AM TOTAL BODY BLAST (Stroller-Friendly) Cindy	9:15-10:15AM LIVING FIT Elaine	9:15-10:15AM BOOT CAMP (Stroller-Friendly) Kim		9:15-10:15AM BOOT CAMP Zhouhara
OUTDOOR PM		6-6:45 PM H.I.I.T. Zhouhara	6-7PM BOOT CAMP Meshkin		6-7 PM TABATA Zhouhara		
INDOOR PROGRAM SCHEDULE							
INDOOR AM	9:30-10:30AM TOTAL BODY STRENGTH Zhouhara/Meshkin <i>*Moves from outdoor July 25*</i>	10:30-11:30AM YOGA HATHA Tasha			10:30-11:30AM YOGA HATHA Shannon	9:15-10:15AM ESSENTRICS - STRETCH n TONE Christine	10:30-11:30AM ZUMBA Ashley
INDOOR PM		5:30-6:30PM STEP Laura		6-7PM ZUMBA Ashley			

**Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes. As well, please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.*

***For Stroller-Friendly classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.*

ACTIVITY DESCRIPTIONS & INTENSITY RATING

BOOT CAMP	3-5	Challenge your mental & physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are challenging and fun. Prepare to sweat and be pushed!
CORE EXPRESS	1-3	A strong core can help prevent neck, back and hip pain. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
ESSENTRICS	1-2	Rebalance the body, prevent and treat injuries, and unlock tight joints through a dynamic and fluid combination of strengthening and stretching. Essentrics gives you the strength and flexibility to Live Active.
LIVING FIT	2-3	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.
STEP - INTERMEDIATE	3-4	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate class. Some Step experience is recommended.
TOTAL BODY BLAST	3-4	Boost your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina.
TOTAL BODY STRENGTH	3-4	Become a force to be reckoned with in this strength-based 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.
YOGA HATHA	3	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.
ZUMBA™	3	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

