
















# GROUP FITNESS CALENDAR

## September 2023

	MON	TUES	WED	THURS	FRI	SAT
<b>MORNINGS</b>	<b>TOTAL BODY REMIX</b> 5:45-6:30 AM <b>AMANDA</b>	 5:15-6:00 AM SANDY	<b>TOTAL BODY REMIX</b> 5:45-6:30 AM <b>AMANDA</b>	 5:15-6:00 AM SANDY	<b>Kettlebell</b> 5:30-6:00 AM SANDY	
		 <b>CHAIR YOGA</b> 7:00-7:45 AM NANCY (MPR)		<b>FLOAT &amp; FIT</b> 8:00-8:45 AM MEREDITH 		
	<b>AQUA FIT</b> 8:00-8:45 AM DEB 	<b>FLOAT &amp; FIT</b> 8:00-8:45 AM MEREDITH 	<b>AQUA FIT</b> 8:00-8:45 AM DEB 			
<b>EVENINGS</b>		<b>POWER HOUR AMANDA</b> 9:15-10:15 AM (MPR) 	<b>CARDIO IS NOT HARDIO</b> 4:45-5:30 PM Reggie	<b>POWER HOUR AMANDA</b> 9:15-10:15 AM (MPR) 	<b>Important Info:</b> Closed 9/4 Fall hours start 9/5 Mon-Thur 5a-9p Fri 5a-8p Sat 7a-5p Sun 8a-5p Stretching & More w/ Reggie starts 9/5 No Yoga 9/19 Power Hour time/ room change (MPR)	
	 <b>SIT &amp; BE FIT</b> 5:00-5:45 PM Reggie		<b>FLOAT &amp; FIT</b> 5:30-6:15 PM MEREDITH 	<b>AQUA FIT</b> 5:30-6:15 PM DEB 		
	<b>FLOAT &amp; FIT</b> 5:30-6:15 PM MEREDITH 	<b>AQUA FIT</b> 5:30-6:15 PM DEB 		<b>Functional Strength &amp; Conditioning</b> 5:30-6:15 PM Kiri (upstairs)		
	<b>STRENGTH TRAINING WITH NICK</b> 6:30-7:30 PM (upstairs)	<b>Stretching &amp; More</b> 5-5:45pm Reggie	<b>STRENGTH TRAINING WITH NICK</b> 6:30-7:30 PM (upstairs)	<b>YOGA</b> 5:45-6:45 PM NANCY 		

**CHILD WATCH: TUESDAY & THURSDAY EVENINGS 5:00-7:15 PM**

# FITNESS CLASS DESCRIPTIONS

## STRENGTH

**Bootcamp** - This class is taught in a 30 or 45 minute format. Dumbbells, resistance bands and kettlebells are used to promote muscle growth in the body. Core exercises are used to promote stability and strength in the abdominal muscles and spine.

**Les Mills Body Pump™** - BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast. Participants need to bring a towel and water bottle. When exercises are performed at full range with proper form and correct weight selection, this class is a great cardio option as well!!!

**PM STRENGTH TRAINING WITH NICK**– Is isolation training your style? Nick has a body building style training background that focuses on muscle isolation workouts. In this hour packed session you will use the Matrix machines as well as the free weight section to get a great all around workout without sacrificing form just to move the weights.

**MATRIX CIRCUIT TRAINING WITH JACOB**– This is your opportunity to learn how to properly train on the Matrix strength equipment under the guidance of a trained staff member.

## CARDIO

**Les Mills RPM®** - RPM® is the INDOOR CYCLING workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Sweat and BURN to reach your endorphin high. RPM® is the 45 minute ride that brings out the athlete in all of us. Participants must pre-register for the class each month.

**Zumba**- Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of energetic and fun music.

## WATER FITNESS

**FLOAT & FIT** (MEDIUM) Cardio and strength intervals utilizing bodyweight and water dumbbells for added resistance.

**AQUA FIT** - (MEDIUM) This class offers a variety of exercises to help you stretch and train all muscles groups to get your heart pumping. All levels welcome!

## Mind and Body

**Yoga**– Yoga is a gentle stretching exercise focused on balance, stability and mind and body connection. Yoga uses the core muscles to maintain stability while creating core strength.

**Sit & Be Fit**– This class is designed to achieve a total body workout of aerobic strength, and flexibility training through the use of a chair and light dumbbells. A majority of the class will be conducted while seated in the chair with additional exercises in the standing position. Balance, coordination, and core strength will also be covered.

**Group fitness classes are for members ages 14 and up.**