


GROUP FITNESS CALENDAR

January - April 2024

	MON	TUE	WED	THU	FRI	SAT	
MORNINGS	HIIT EXPRESS 6:00-6:45 AM SHAUNA	RPM 5:15-6:00 AM SANDY	HIIT EXPRESS 6:00-6:45 AM SHAUNA	RPM 5:15-6:00 AM SANDY	KETTLEBELL 5:30-6:00 AM SANDY		
	Zumba 7:00-7:45 AM KIM	CHAIR YOGA 7:00-7:45 AM NANCY	Zumba 7:00-7:45 AM KIM				
	AQUA FIT 8:00-8:45 AM DEB	FLOAT & FIT 8:00-8:45 AM MEREDITH	AQUA FIT 8:00-8:45 AM DEB	FLOAT & FIT 8:00-8:45 AM MEREDITH			
		POWER HOUR 9:15-10:15 AM (MPR) AMANDA		POWER HOUR 9:15-10:15 AM (MPR) AMANDA	Important Info: Open New Years Day 8am-2pm CHECK OUT OUR NEW CLASSES!!! *Reminder No classes on New Year's Day!* No Joiners Fee ends Jan 5th.		
	SIT & BE FIT 5:00-5:45 PM REGGIE	STRETCHING & MORE 5:00-5:45pm REGGIE	CARDIO IS NOT HARDIO 5:00-5:45 PM REGGIE	Line Dancing 5:30-6:15pm ALEXA			
	FLOAT & FIT 6:00-6:45 PM MEREDITH	AQUA FIT 5:30-6:15 PM DEB	FUNCTIONAL STRENGTH & CONDITIONING 5:30-6:15 PM KIRI	AQUA FIT 5:30-6:15 PM DEB			
	HULA 6:00-6:30 PM ETRIVELA		FLOAT & FIT 6:00-6:45 PM MEREDITH	YOGA 5:45-6:45 PM NANCY			
STRENGTH TRAINING 6:30-7:30 PM NICK		STRENGTH TRAINING 6:30-7:30 PM NICK					

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

FITNESS CLASS DESCRIPTIONS

RPM - INSTRUCTOR SANDY

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.

KETTLEBELL - INSTRUCTOR SANDY

Kettlebell class is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as “the swing,” “the clean” and “the press” that will work multiple muscle groups.

CHAIR YOGA - INSTRUCTOR NANCY

Chair yoga is a practice that is beneficial to all. In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits of chair yoga include increased mobility, increase strength, stretch the body, reduce stress, reduce pain & clear the mind.

AQUA FIT - INSTRUCTOR DEB

Cardio and strength intervals utilizing bodyweight and water dumbbells for added resistance.

FLOAT & FIT - INSTRUCTOR MERIDITH

This class offers a variety of exercises to help you stretch and train all muscles groups to get your heart pumping. All levels welcome!

POWER HOUR - INSTRUCTOR AMANDA P

Power Hour is a **full body workout that focuses on weights to help build strength and power**. This choreographed resistance training is put to music to provide you with an upbeat workout. All levels are welcome to come out and put a Power Hour into your day!

BE FIT /STRETCHING & MORE- INSTRUCTOR REGGIE

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.

HIIT EXPRESS - INSTRUCTOR SHAUNA

HIIT workouts require you bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. It's almost like taking an hour-long workout with moderate intensity and squeezing it all into a period of about 30-45 minutes.

CARDIO IS NOT HARDIO - INSTRUCTOR REGGIE

joint-friendly, fun total body workout. We blend cardio, strength, and core exercises for all fitness levels, making it perfect for beginners, those with physical considerations, and anyone looking to enjoy community fitness.

FUNCTIONAL STRENGTH & CONDITIONING - INSTRUCTOR KIRI

Functional fitness training is a **type of strength training that readies your body for daily activities**. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.

YOGA - INSTRUCTOR NANCY

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.

STRENGTH TRAINING WITH NICK - INSTRUCTOR 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.

TOTAL BODY REMIX - INSTRUCTOR AMANDA H

Basic skill development: Emphasis on safe and proper technique for core, upper and lower extremities while using dumbbells, resistance bands and mats.

GROUP FITNESS CLASSES ARE FOR MEMBERS AGE 14 & UP.