

# Group Exercise Schedule

Updated May 3, 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	5:30a – 6:15a Spin   Leah		5:30a – 6:15a Endurance Circuit   Selena		5:30a – 6:15a Endurance Circuit   Stef B		
7:30a – 8a Total Body   Selena						7:15a – 8:15a STT   Tammy	
			7:45a – 8:45a Step Interval   Diane		7:45a – 8:45a Step Interval   Diane	7:15a – 8:15a Spin   Stephanie	
8:15a – 9:15a Yoga   Gabrielle	8a – 9a Total Body   Nicole						
8:30a – 9:15a Express Spin   Selena						8:30a – 9:30a WERQ   Corey	
	9a – 10a Yoga   Poyee	9a – 10a STT   Diane	9a – 10a Yoga   Poyee	9a – 10a BodyPump   Corey	9a – 10a Total Body   Nicole		
		9:15a – 9:45a Express Spin   Selena		9:15a – 9:45a Express Spin   Selena		9:15a – 10:15a Spin   Leah	
9:30a – 10:15a Water Aerobics – Aqua Blast   Selena						9:30a – 10:30a Yoga   Gabrielle	
9:30a – 10:30a Zumba   Nisey		10a – 10:45a Water Aerobics – Aqua Blast   Selena		10a – 10:45a Water Aerobics – Aqua Blast   Selena		10a – 11a Fit for the Forge   Kathleen	
	10:15a – 11:15a WERQ   Corey	10:15a – 11:15a Cardio/Conditioning   Kathleen	10:15a – 11:15a Zumba   Nancy	10:15a – 11:15a Barre   Corey	10:15a – 11:15a Mat & Mobility   Kallie		
10:45a – 11:45a STT   Carolina						10:30a – 11:15a Zumba   Joanna	
	11a – 12p Water Aerobics – Aqua Tone   Nicole		11a – 12p Water Aerobics – Aqua Tone   Nicole				
<b>FACILITY HOURS:</b>	11:30a – 12:20p Senior Fit   Peter	11:30a – 12:20p AOA   Nicole	11:30a – 12:20p AOA   Nancy	11:30a – 12:20p AOA   Selena	11:30a – 12:20p Chair Yoga   Poyee	Classes in <b>GREEN</b> are held in the Empower Studio	
	Monday – Friday 5:15 am – 9 pm						Classes in <b>BLUE</b> are held in the Pool
	Saturday/Sunday 7 am – 3 pm		4:30p – 5:15p Barre   Kallie	4:30p – 5:15p Total Body   Selena	4:30p – 5:15p Barre   Kallie		4:30p – 5:30p Yoga   Ritchie
<b>KIDZONE HOURS:</b>	5:15p – 6:15p Body Pump   Corey	5:15p – 6:15p WERQ   Kat	5:15p – 6:15p STT   Tammy	5:15p – 6:15p WERQ   Corey		Classes in <b>RED</b> are held in the Pavilion *Runs May 1 – May 18	
	Monday – Friday 8 am – 11:45 am 4:30 pm – 8 pm	6p – 7p Spin   Kallie	6p – 7p Water Aerobics   Kim		5:30p – 6:30p Zone Cycle   Kallie	5:30p – 6:30p Zumba   Holly	
			6p – 7p Fit for the Forge   Stef B		6p – 7p Water Aerobics   Kim		Classes in <b>ORANGE</b> are held in the Functional Fitness Room
	Saturday 8:30 am – 12 pm	6:30p – 7:30p Cardio Combat   Chelley	6:15p – 7:15p HIIT   Selena	6:30p – 7:30p HIIT   Kathleen	6:15p – 7:15p HIIT   Ritchie		Classes in <b>YELLOW</b> are held on the Fitness Floor
	7:30p – 8:30p Yoga   Ritchie			7:15p – 8:15p Yoga   Maris			

**CLASS DESCRIPTIONS****AOA (ACTIVE OLDER ADULTS)**

A Low impact workout using weights, elastic tubing, and body-weight exercises.

**BARRE**

This dynamic workout integrates elements of Pilates, dance, cardio and strength training in a continuous flow to keep the heart rate elevated. Props such as hand weights or Toning Balls might be used to help challenge and increase those lean muscles!

**BODYPUMP**

BodyPump is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit - fast.

**BOOTCAMP/FIT FOR THE FORGE**

Mid to high level intensity workout that includes intervals of cardio and strength training exercises.

**CARDIO COMBAT**

An intense (ly fun) empowering 55 minutes of cardio meets kickboxing for a full body workout for all levels of fitness.

**CARDIO CONDITIONING**

Get a total body workout designed to challenge you 20 minutes at a time with cardio, strength training and core.

**CHAIR YOGA**

In this 40-minute journey you will move your body using breath and the chair. You will experience peace and joy in mind and spirit by the classes end.

**ENDURANCE CIRCUIT**

A great mix of Cardio and Strength workouts to boost the start of your day!

**EXPRESS SPIN**

30 minutes of a high intensity ride filled with sprints and climbs. This half hour class flies by!

**HIIT**

High-intensity cardio bursts are designed to tone your body, improve your endurance and clear your mind.

**MAT & MOBILITY**

We all could use a little more MOBILITY! This class will help to increase your range of motion, strength and flexibility all in one. The classes are programed to increase your mobility throughout your entire body creating more flexibility, healthier muscle tissue and greater range of motion in your joints. All levels are welcome, modification will be given to allow all to access the movements!

**SENIOR FIT**

Designed for an older adult, this class will help build strength and work on balance and mobility to keep you active and on your feet.

**SPIN**

Hop on the bike and take a ride! You'll be climbing hills and sweating through speed intervals to motivating music. Limit 15 people per class.

**STEP INTERVAL**

One-hour Workout that improves cardiovascular fitness using a step platform, in addition to building total body strength with weights.

**STT (STRENGTH TRAIN TOGETHER)**

Sculpt your muscles with a high-rep weight training workout. Using a barbell, weight plates, and body weight, this workout uses functional integrated exercises.

**TOTAL BODY (TOTAL BODY CONDITIONING)**

You will get a full-body workout in this fast-paced freeform class. High repetition exercises and varied equipment to get you a head-to-toe workout!

**YOGA**

This class focuses on flexibility and sequencing of posture. Perfect for the body & mind. (Class style may vary depending on the instructor.)

**WATER AEROBICS**

Low to moderate impact cardio combined with strength training exercises, class is held in deeper water.

**WATER AEROBICS - AQUA BLAST**

Start your day with an energizing cardio, strength and conditioning workout in water. Aqua weights are used, in addition to wall and balance exercises. Classes are held in activity pool.

**WATER AEROBICS - AQUA TONE**

Moderately paced class held in deeper water, focuses on toning and strengthening with aqua weights.

**WERQ**

A wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

**ZONE CYCLE**

Cycle your way into your training zone! In this hour class become a more efficient rider by cycling through intervals and cadence challenges.

**ZUMBA®**

A fusion of Latin, international music, and dance themes creating a dynamic, effective, and fun fitness system. Zumba® uses the principles of interval training by combining fast and slow rhythms tone and sculpt.