GROUP EXERCISE SCHEDULE

Location:	Monday	Tuesday	Wednesday	Thursday	Friday
(A)= Aerobics Room	9:00-9:45 AM AMPD STRONG MARIE (D)	7:30-8:30 AM BODY PUMP SUSAN (A)	9:00-9:45 AM PILATES-BARRE MARIE (D)	7:30-8:30 AM BODY PUMP SUSAN (A)	
(D)= Dance Studio	9:30- 10:30 AM MORNING WORKOUT NANCY (AC)	8:45-9:15 AM LES MILLS CORE SUSAN (A)	9:30- 10:30 AM MORNING WORKOUT NANCY (AC)	TABATA STRENGTH 9:00-9:45 AM MARIE (A)	9:30- 10:30 AM MORNING WORKOUT NANCY (AC)
(S)= Spin Room		CHAIR YOGA 10:15-11:00 AM MARIE (D)	BALANCE AND STRENGTH 10:30-11:30 AM TOMMI (A)	9:30-10:30 AM SPIN CLASS JEFF (S)	
(AC)= Activity Center		5:30-6:30 PM BODY PUMP SUSAN (A)		CHAIR YOGA 4:15-5:00 PM MARIE (D)	
(G)= Gymnasium		5:30-6:30 PM YOGA DANIELLE (D)	6:00-7:00 PM SPIN CLASS KELLY (S)		

AMPD STRONG :

AMPD STRONG IS STRENGTH CLASS THAT USES HAND WEIGHTS AND HEAVY WEIGHTS FOR AN ALL BODY WORKOUT . THIS CLASS IS DESIGNED TO BE ACCESSIBLE TO DIFFERENT FITNESS LEVELS AND INCLUDES OPTIONS FOR CARDIO, STRENGTH, AND FLEXIBILITY.

BARRE/PILATES

BARRE PILATES IS A HYBRID CLASS THAT COMBINES ELEMENTS OF BALLET, PILATES AND YOGA. IT IS A LOW-IMPACT, HIGH-INTENSITY WORKOUT THAT FOCUSES ON STRENGTHENING AND TONING THE LOWER BODY, CORE, AND ARMS. WITH THIS CLASS, PLEASE BRING A MAT AS WE DO CORE WORK ON THE FLOOR

HIIT

HIGH INTENSITY INTERVAL TRAINING (HIIT) IS A STRENGTH CLASS WHERE WE DO 4 CYCLES OF 50 SECONDS (A ROUND). EACH ROUND IS DEDICATED TO A SPECIFIC BODY PART, ARMS, CORE, CARDIO OR LEGS. THE 9TH ROUND IS A SHOULDER CENTRIC WORKOUT. THIS CLASS IS FOR ALL LEVELS.

CHAIR YOGA:

NOT A TRADITIONAL YOGA CLASS, BUT WE FOCUS ON STRENGTH, MOBILITY, STRETCHING AND BALANCE. WE USE THE CHAIRS AS NEEDED. NO ONE NEEDS TO STAND UNLESS THEY ARE COMFORTABLE. THIS CLASS IS FOR ALL LEVELS, NOTE: IN A CHAIR IT IS DIFFICULT TO DO TRADITIONAL YOGA POSES, BUT WE CAN DO SOME WITH THE CHAIRS. NO MATS ARE NEEDED AS WE DO NOT GO TO THE FLOOR.

MORNING WORKOUT WITH NANCY:

MONDAY, WEDNESDAY, AND FRIDAY. THE CLASS IS DESIGNED FOR PEOPLE WHO WANT TO WORK ON UPPER AND LOWER BODY TONING, STRENGTH, CARDIO TRAINING, AND A BIT OF STRETCHING. IT IS RECOMMENDED FOR PEOPLE WHO HAVE AT LEAST A MEDIUM LEVEL OF FITNESS.

KELLY'S SPIN CLASS:

DESIGNED FOR ALL LEVELS, THIS CLASS BLENDS RHYTHM RIDING, TERRAIN-STYLE ELEMENTS, INTERVAL TRAINING, AND ENDURANCE WORK. YOU CAN EXPECT A MIX OF HILLS, QUICK AND STEADY EFFORTS—SOMETIMES WITH A FUN THEME.

LES MILLS BODY PUMP:

IS A 60 MINUTE GROUP CLASS THAT COMBINES STRENGTH TRAINING EXERCISES WITH FUN MUSIC. IT'S A FULL BODY WORKOUT USING LOW WEIGHT WITH HIGH REPETITION. EACH CLASS TARGETS ALL MAJOR MUSCLE GROUPS, INCLUDING THE CHEST, BACK, LEGS, SHOULDERS AND CORE. COME JOIN A GREAT CLASS TO INCREASE YOUR STRENGTH, CARDIOVASCULAR AND BONE HEALTH!

LESMILLS CORE

IS A 30 MINUTE WORKOUT THAT BUILDS STRENGTH, STABILITY AND ENDURANCE IN THE CORE AND SURROUNDING MUSCLES. THIS CLASS USES BODYWEIGHT EXERCISES, RESISTANCE BANDS AND DUMBBELLS TO INCREASE ATHLETIC PERFORMANCE AND CORE STRENGTH.

JEFF'S SPIN CLASS

THURSDAY'S 9:30 SPINNING CLASS, OR (INDOOR CYCLING) IS A CLASS ON STATIONARY BIKES LED BY A CERTIFIED INSTRUCTOR, PROVIDING MOTIVATION AND GUIDANCE. IT IS MUSIC DRIVEN CREATING A HIGH-ENERGY ATMOSPHERE. THE SESSIONS ARE STRUCTURED WITH VARYING SPEEDS AND RESISTANCE, THAT CAN BE DONE BY ANY LEVEL OF FITNESS

DANIELLE'S YOGA:

OUR YOGA INSTRUCTORS WILL GUIDE YOU TOWARDS COMPLETE WELLNESS, FLEXIBILITY, STRENGTH, AND BALANCE. OUR OFFERINGS RANGE FROM CLASSES THAT FOCUS ON A SLOWER PACE WITH LONGER HELD POSES EXPLORING HEALTHY ALIGNMENT TO MORE VIGOROUS, FLOWING STYLES. CLASSES SUITABLE FOR ALL LEVELS OF EXPERIENCE.