

# GROUP FITNESS

**November 2018**

## MONDAY

5:45-6:45am	<b>Boot Camp</b>	Jen R.
7:00-7:40am	<b>Interval Mix</b>	Jen R.
7:45-8:30am	<b>Yoga Flow</b>	Jen R.
9:30-10:30am	<b>Power Step</b>	Varied
*10:45-11:30am	<b>SS Yoga</b>	Gil
*1:00-1:45pm	<b>SS Circuit</b>	Jen R.
5:15-5:55pm	<b>Cardio MashUp</b>	Jen B.
6:00-7:00pm	<b>RIP</b>	Jen B.
7:15-8:15pm	<b>Zumba</b>	Chivon

## TUESDAY

5:45-6:45am	<b>Interval Mix</b>	Emily
7:00-7:30am	<b>Mat Pilates</b>	Jen R.
*8:45-9:15am	<b>SS Circuit</b>	Jen R.
9:30-10:30am	<b>RIP</b>	Varied
*10:45-11:30am	<b>SS Classic</b>	Val
11:45-12:30pm	<b>Zumba Gold</b>	Gil
4:00-5:00pm	<b>Interval Mix</b>	Justin
5:15-6:15pm	<b>HIIT</b>	Justin
6:30-7:30pm	<b>Yoga/Pilates Blend</b>	Alaina
*6:45-7:45pm	<b>WET</b>	Jen/Sarah

## WEDNESDAY

5:45-6:45am	<b>Boot Camp</b>	Jen R.
7:00-7:40am	<b>Interval Mix</b>	Jen R.
7:45-8:30am	<b>Gentle Yoga</b>	Jen R.
9:30-10:30am	<b>Interval Mix</b>	Justin
*10:45-11:30am	<b>SS Yoga</b>	Molly
*11:45-12:30pm	<b>SS Classic</b>	Val/Nancy
*1:00-1:45pm	<b>SS Circuit</b>	Jen R.
5:30-6:30pm	<b>RIP</b>	Trisha
6:35-7:05pm	<b>Transform</b>	Trisha
7:15-8:15pm	<b>World Dance</b>	Ayan <b>New</b>
*7:30-9:00pm	<b>Self Defense Basics</b>	Nick



## THURSDAY

5:45-6:45am	<b>Interval Mix</b>	Jen R.
7:00-7:30am	<b>Mat Pilates</b>	Jen R.
*8:45-9:15am	<b>SS Circuit</b>	Jen R.
9:30-10:30am	<b>RIP</b>	Varied
*10:45-11:30am	<b>SS Classic</b>	Nancy
11:45-12:30pm	<b>Zumba Gold</b>	Gil
4:00-5:00pm	<b>Muscle Pump</b>	Justin
5:15-6:15pm	<b>Interval Mix</b>	Justin
6:20-7:05pm	<b>Cardio Kickboxing</b>	Emily <b>New</b>
7:15-8:15pm	<b>Zumba</b>	Loni

## FRIDAY

5:45-6:45am	<b>Muscle Pump</b>	Jen B.
7:00-7:40am	<b>Interval Mix</b>	Jen R.
7:45-8:30am	<b>Restorative Yoga</b>	Jen R.
9:30am-10:30am	<b>Power Step</b>	Varied
*10:45-11:30am	<b>SS Circuit</b>	Jen R.
*1:00-1:45pm	<b>SS Stability</b>	Jen R.
5:30-6:30pm	<b>Tai Chi</b>	Tom

## SATURDAY

8:30-9:30am	<b>Transform</b>	Trisha
-------------	------------------	--------

Class Descriptions and information on  
other side

Revised October 23, 2018

## STRENGTH AND CONDITIONING

**RIP:** RIP is a strength training program for men and women of all ages and ability levels. RIP is a full body endurance strength training class that attacks every muscle group. RIP is a pre-choreographed class with new music and new exercises very 6-8 weeks. RIP is guaranteed to keep your workout fun and new.

**Muscle Pump:** This class is designed to work all major muscle groups with weighted plates, dumbbells, bands, body weight and /or stability balls. Have fun with weights in interval timing and rep challenges.

## CARDIO BURN

**Power Step:** Power Step is a pre-choreographed step program designed to push your cardio to its limits. Power Step works your body in all planes of motion, both on the step and on the floor. Power Step will strengthen your heart, increase bone density, and improve your coordination with "Top Hits" music. All fitness levels welcome.

**HIIT:** HIIT "High Intensity Interval Training" is a challenging interval circuit workout with groups! HIIT uses weighted balls, jump ropes, hand weights, and step boards among other equipment to challenge your body and keep you guessing throughout the entire class. You will never get bored with this fun fast paces cardio strength class. All fitness levels welcome.

**Interval Mix:** Interval Mix is a challenging interval class using a variety of training methods. With Interval Mix you will complete exercises in a timed format, this class includes circuits, partners, individual and team challenges. You never know what you will get with Interval Mix, each instructor has their own flare and style when delivering this fast paced cardio class. All fitness levels welcome.

**Boot Camp:** Feel invigorated with fun and challenging running exercises, drills, circuits, Rep challenges, intervals and more. Boot Camp delivers a workout based around endurance and is a great training option for Runners, Triathlon Athletes as well as anyone looking for a great workout. All levels welcome.

**Cardio MashUp:** Cardio MashUp is a fast paced cardio class including Cardio Kickboxing, Interval Training, and Boot Camp Drills/Rep Challenges. This class is a great way to trial what the Y has to offer.

**Cardio Kickboxing:** A combination cardio kickboxing class with punching, kicking, and rhythmic movements set to heart pounding music! This workout is designed to melt away pounds and inches while targeting every muscle group.

**\*Wet:** "Water Endurance Training" is a high intensity interval group water fitness class. WET includes shallow water high intensity drills with deep water endurance drills. Come try this fast paced Water Boot Camp!

**\*WET requires separate registration and fee.**

**\*Self-Defense Basics:** Self Defense is a combination of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable you to successfully escape, resist, and survive violent attacks. Self defense training can increase your options and help you prepare responses to slow down, de-escalate, or interrupt an attack. The goal of this self-defense class is to introduce you to basic moves and fundamentals for you to be able to protect yourself if the need arises. Meets in the Racquetball Court.

## MIND/BODY

**Transform:** Transform unites yoga & sport like never before. Transform is a mind/body experience that features traditional yoga poses and sport influenced movement to strengthen and tone your whole body. All fitness levels welcome.

**Mat Pilates:** Mat Pilates is a beginner/intermediate class where you will learn the basics, fundamentals and proper technique of Pilates. Mat Pilates focuses on body connections, breathing, alignment and awareness. This class is great for newcomers to Pilates and for those who want to refine their knowledge, understanding and ability.

**Yoga Flow:** A fitness-based approach where students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind.

**Gentle Yoga:** Gentle Yoga is a class structured around rejuvenating and healing the body. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

**Restorative Yoga:** This practice is designed to restore the Nervous System and help release deeply held tension from the body and mind. We use props to support postures, while gently stretching and strengthening the body.

**Tai Chi:** Tai Chi is a class where fundamental martial arts movements are done slowly and deliberately with emphasis on balance and control. Tai Chi helps promote strength and resilience in the legs as well as flexibility, balance, and general health.

## DANCE INSPIRED CARDIO

**Zumba:** Zumba involves dance and aerobic movements performed to energetic Latin Music. The choreography incorporates "Hip Hop", "Samba", "Salsa", and "Mambo" inspired dance moves. Guaranteed to get you sweating with this fun dance inspired cardio class.

**Zumba Gold:** Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**World Dance:** Enjoy fun choreography and music from different cultures around the world. Get your workout done with all different levels of cardio dance.

- ◆ **Classes FREE to members unless specified otherwise**
- ◆ **Non-Member Fee \$10.00**
- ◆ **\* "SS" represents SilverSneaker® Classes. Check SilverSneakers Schedule for class Fee.**
- ◆ **Classes on this schedule meet in Multi-Purpose Room unless indicated otherwise**
- ◆ **WET and Self-Defense Basics require separate registration and fee.**