



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE DEC 2018

**Wellness Schedules
Ages 14 and Above***

- AOA
- Aqua Exercise
- Cardio & Strength
- Cycle
- Dance Fitness
- Yoga
- Barre, Pilates & Tai Chi
- Net Sports

KEY	
WS	Wellness Studio
RR	Reflection Room
CR	Cycle Room
◆	Ages 8-13 Can Attend w/Adult
*	Ticket Required
\$	Fees Associated
	Class Change/New Class

ACTIVE OLDER ADULTS

M	T	W	TH	F	S	S
		AOA Step 7:00-8:00AM Sue WS	AOA Chair Strength Express 8:00-8:45 AM Jackie Gym 2	AOA Step & Strength 7:00-8:00 AM Bill WS		
AOA Chair Strength 8:00 – 9:00 AM Jackie Gym 2	AOA Yoga 8:15-9:15 AM Tara RR	AOA Chair Strength 8:00 – 9:00 AM Sue Gym 2	AOA Yoga 8:15 –9:15 AM Jessica RR	AOA Chair Strength 8:00 – 9:00 AM Sue Gym 2		
	Zumba ® Gold 9:30-10:30 AM Heather Gym 2		Zumba ® Gold 9:30-10:30 AM Heather Gym 2			
	AOA Strength 11:00-11:45 AM Sue WS/Gym1		AOA Strength 10:45-11:30 AM Heather WS			Tai Chi 11:45-12:45 PM Stefanie WS
		AOA Yoga 12:15 - 1:30 PM Laurel RR	Stretch 12:30 - 1:30 PM Laurel RR	AOA Yoga 11:00 - 12:00 PM Yella RR	Meditation 11:30 - 12:45 PM Carrie P RR	Tai Chi - First Section 1:00-2:00 PM Stefanie WS
Zumba® Gold 12:30-1:15 PM Joan WS	Tai Chi - All Sections 2:15 - 3:15 PM Stefanie WS <i>All Levels</i>	Tai Chi 2:15 - 3:25 PM Richard WS <i>Prior Experience Recommended</i>	Tai Chi - Third Section 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>			
AOA Yoga 1:45—2:45 PM Cheryl RR	AOA Chair Yoga 3:30 - 4:30 PM Laurel WS		Tai Chi - Second Section 3:15-4:15 PM Stefanie WS			

AQUA EXERCISE AND REHAB

M	T	W	TH	F	S	S
Water Walking 6:45-7:45 AM <i>Individual Activity</i>		Water Walking 6:45-7:45 AM <i>Individual Activity</i>		Water Walking 6:45-7:45 AM <i>Individual Activity</i>	Arthritis & Injury—Aqua Fitness 7:45-8:45 AM Cheryl	
Aqua Zumba® 9:00-10:00 AM Chris L.	Aqua Fitness 9:00-10:00 AM Hsiaoling	Aqua Fitness 9:00-10:00 AM James	Aqua Fitness 9:00-10:00 AM Terrin	Aqua Zumba® 9:00-10:00 AM Chris L.		
Water Walking 12:15-1:10 PM <i>Individual Activity</i>	Aqua Zumba® 12:15-1:10 PM Hsiaoling	Water Walking 12:15-1:10 PM <i>Individual Activity</i>	Aqua Zumba® 12:15-1:10 PM Misty	Water Walking 12:15-1:10 PM <i>Individual Activity</i>		
Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Cheryl	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Ralph	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Cheryl	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Joan	Arthritis & Injury—Aqua Fitness 1:15-2:15 PM Cheryl		

CARDIO & STENGTH

M	T	W	TH	F	S	S
H.I.I.T. Express 5:45- 6:30 AM Ryan WS	Strength Training Express 5:15 - 6:00 AM Connie WS	Boot Camp 5:15-6:00 AM Connie Gym 1 & 2	Circuit Training 5:30-6:30 AM Micha WS	Boot Camp 5:30-6:15 AM Amanda WS		
		AOA Step 7:00-8:00 AM Sue WS	Strength Training 8:00 - 9:00 AM Gretchen WS			
Step Express 8:45-9:30 AM Jo WS	Strength Training 8:00-9:00 AM Sue WS	Power Box 8:15- 9:15 AM Tracy WS		Interval Training Express 8:00 - 8:45 AM Tracy Gym 1/WS	Ripped® 8:00 - 9:00 AM Kitty WS	
	Insanity® 8:45-9:30 AM Lucy Gym 1	Step* 9:30-10:30 AM Sue WS	Interval Training* 9:30-10:30 AM Jo WS	Tabata Bootcamp* 9:30 - 10:30 AM Emily/Tammy WS	Strength Training* 9:15 - 10:15 AM Amy/Wendy WS	Strength Training* 9:30-10:30AM Kitty WS
	Strength Training* 9:30-10:30 AM Holly WS	POUND® 10:30-11:15 AM Kristin/Chris/Holly Gym 2	Insanity® 9:40-10:30 AM Lucy Gym 1	Core & Strength 9:30-10:15 AM Gretchen Gym 1		POUND® * 10:30-11:30AM Kitty WS
MetCon 10:00-11:00AM Holly/Wendy Gym 1	Circuit Training 9:45 - 10:45 AM Tammy/Monica Gym 1	Boot Camp 10:00-11:00 AM Tracy Gym 1		Boot Camp - Express 10:30-11:15am Christina Gym 1		
Circuit Training 11:15-12:15 PM Lucy WS	Yoga Sculpt 5:00-6:00 PM Kathy WS	H.I.I.T.* 11:15-12:15 PM Lucy WS		Circuit Training* 11:15-12:15 PM Lucy WS		
Step - Beginner Express 5:00 - 5:45 PM Rosemary WS	H.I.I.T. Express* 6:15 - 7:00 PM Ryan WS		Circuit Training - Beginner 5:00 - 6:00 PM Christina WS			
Power Box 6:00- 7:00 PM Paige WS	STRONG By Zumba® 6:45 - 7:45 PM Chris Gym 2	R.I.P.P.E.D® 6:00 - 6:40 PM Kitty WS	Boot Camp - Express 6:00 - 6:45 PM Tracy WS			
Core Strength Express 7:00-7:30 PM Paige WS	Strength Training 7:15 - 8:15 PM Christine WS	POUND® 6:40 - 7:20PM Kitty WS	Strength Training 7:00- 8:00 PM Kitty WS			

CYCLE						
M	T	W	TH	F	S	S
Cycle- All Levels* 5:15-6:00 AM Connie CR	Cycle- All Levels 6:00-7:00 AM Gretchen CR		Cycle- All Levels 6:00-7:00 AM Gretchen CR	Cycle- All Levels* 5:30-6:030AM Connie CR	Cycle- All Levels 7:15-8:15 AM Dan CR	
Cycle—Core* 9:30-10:30 AM Maura CR	Cycle- All Levels 9:30-10:30 AM Lisa H CR	Cycle - Core* 9:30-10:30 AM Maura CR	Cycle- All Levels 9:30-10:30 AM Lisa H CR	Cycle- All Levels 8:15-9:15 AM Gretchen CR	Cycle- All Levels 8:30-9:30 AM Kristy CR	Cycle- All Levels 8:30-9:30 AM Vicky CR
				Cycle—Core 9:30-10:30 AM Lisa M CR/Gym 1		
Cycle- All Levels* 6:00-7:00 PM Kristy CR	Cycle- All Levels 5:30-6:30 PM Amy CR	Cycle- All Levels* 6:00-7:00 PM Kristy CR				

DANCE FITNESS						
M	T	W	TH	F	S	S
Zumba® 9:30-10:30 AM Hsiaoling Gym 2 ◆	Zumba® Gold 9:30-10:30 AM Heather Gym 2 ◆	Zumba® 9:30-10:30 AM Chris L. Gym 2 ◆	Zumba® Gold 9:30-10:30 AM Heather Gym 2 ◆	Zumba® 9:30-10:30AM Heather Gym 2 ◆	Zumba® 9:30 - 10:30 AM Kitty/Terrin Gym 2 ◆	Zumba® 9:30-10:30 AM Lea Gym 2 ◆
Zumba® Toning 10:30-11:00 AM Hsiaoling Gym 2 ◆			Zumba® Toning 10:45-11:45 AM Hsiaoling Gym 2 ◆			
Zumba® Gold 12:30-1:15 PM Joan WS	Latin Dance Breakdown 1:00-2:00pm Kristin WS 1st & 3rd of the month ◆	Hip Hop Kids 4:15-5:00 PM Kendra WS <i>Ages 3 and up</i>				
		Hip Hop Teens 5:05-5:45 PM Kendra WS <i>Ages 9-14</i>				
Zumba® 6:15-7:15 PM Kristin Gym 2 ◆		Bollyworks® 6:15-7:15 PM Sandy Gym 2 ◆	Zumba® 6:45-7:45 PM Hsiaoling Gym 2 ◆	Hip Hop Dance 6:15-7:15 PM Kendra Gym 2 ◆		

YOGA

M	T	W	TH	F	S	S
				Yoga – Hatha* 7:00-8:00 AM Jessica RR		
Yoga – Hatha 8:30 - 9:30 AM Arti RR	AOA Yoga 8:15- 9:15 AM Tara RR	Yoga-Hatha* 8:00-9:15 AM Andrew RR	AOA Yoga 8:15 - 9:15 AM Jessica RR	Yoga – Hatha* 8:15 - 9:15 AM Jessica RR	Yoga - Power - Vinyasa* 8:30-9:45 AM Cheryl RR	Yoga- Restorative 8:30-9:45 AM Kathy RR
Yoga - Power - Vinyasa* 9:45 - 11:00 AM Candice RR		Yoga - Power - Vinyasa* 9:45 - 11:00 AM Candice RR		Yoga – Intermediate* 9:50-10:50 AM Yella RR	Yoga - Vinyasa * 10:00-11:15 AM Cheryl RR	Yoga - Intermediate* 10:10-11:25 AM Kathy RR
	Yoga - Vinyasa 11:00 - 12:15 PM TBD RR	AOA Yoga 12:15- 1:30PM Laurel RR	Yoga - Power - Vinyasa* 11:00-12:15 PM Mary Ann RR	AOA Yoga 11:00 - 12:00 PM Yella RR	Meditation 11:30– 12:45 PM Carrie RR	Yoga - Beginner 11:35-12:35 PM Kathy RR
Yoga-Intermediate* 12:15-1:30 PM Yella RR	Yoga – Vinyasa 12:30 - 1:45 PM TBD RR	Yoga – Hatha 1:45 - 3:00 PM Arti RR	Stretch 12:30-1:30 PM Laurel RR			
	AOA Chair Yoga 3:30 - 4:30 PM Laurel WS					
AOA Yoga * 1:45 - 2:45 PM Cheryl RR						
Yoga – Hatha 5:30-6:45 PM Tara RR						
	Yoga - Intermediate 6:45-8:00 PM Kathy RR	Yoga – Hatha* 7:00-8:15 PM TBD RR	Yoga - Intermediate 6:30 –7:45 PM Kathy RR	Yoga - Restorative 7:00– 8:00 PM Tiffany/Sarah RR		

BARRE, PILATES, AND TAI CHI

M	T	W	TH	F	S	S
Pilates - Mat 6:45-7:45 AM Marti RR	Above The Barre 6:45-7:45 PM Julie WS	Pilates - Mat 6:45-7:45 AM Marti RR	Above The Barre Express 5:15- 6:00 AM Connie RR	Pilates - Mat Express 6:00-6:45 AM Maura RR		
			Pilates - Mat 6:45-7:45 AM Maura RR			
Above the Barre* 9:45-10:45 AM Julie WS	Pilates - Mat* 9:45 - 10:45 AM MaryAnn RR		Pilates - Mat* 9:45-10:45 AM Marti RR			
Above the Barre Express 11:15-12:00 PM Julie RR		Above the Barre Express* 11:15-12:00 PM Heather RR	Tai Chi Third Section 2:00 - 3:00 PM Stefanie WS <i>Prior experience is recommended.</i>	Above The Barre* 12:15-1:15 PM Heather RR		Tai Chi Series 11:45-12:45 PM Stefanie WS
	Tai Chi All Sections 2:15 - 3:15 PM Stefanie WS	Tai Chi 2:15-3:25 PM Richard WS <i>Prior experience is recommended.</i>	Tai Chi Second Section 3:15-4:15 PM Stefanie WS			Tai Chi Series First Section 1:00-2:00 PM Stefanie WS
Above the Barre 7:00-8:00 PM Cheryl RR	Above The Barre 5:30 - 6:30 PM Julie RR		Above the Barre 5:15 - 6:15 PM Julie RR			

NET SPORTS

M	T	W	TH	F	S	S
Adult Pickleball By Request (4+) 7:00 - 8:30 AM Gym 1	Adult Basketball 6:00 - 7:00 AM Gym 1					Badminton 7:00—12:45 PM Gym 1
Table Tennis 1:00-4:00 PM Gym 1	Table Tennis 12:00 - 2:15 PM Gym 1			Adult Pickleball By Request 11:45 - 1:00 PM Gym 1		Adult Pickleball 1:00 - 3:00 PM Gym 1
Pick up Basketball 18+ 7:15 - 9:45 PM Gym 1	Volleyball—Advanced (14+) 8:00 - 9:45 PM Gym 1	Pick up Basketball 18+ 7:00 - 9:45 PM Gym 1	Volleyball (14+) By Request(6+) 8:00– 9:45 PM Gym 1	Table Tennis 4:00 - 9:00 PM WS	Badminton 5:15 - 6:45PM Gym 1	Table Tennis 2:30 - 5:15 PM WS
	Pick up Basketball 16+ 8:00 - 9:45 PM Gym 2	Table Tennis 7:30 - 9:30 PM WS	Pick up Basketball 16+ 8:00 - 9:45 PM Gym 2	Teen Basketball Ages 11-16 8:15-9:45 PM Gym 1		Family Pickleball 3:00 - 4:00 PM Gym 1
						Volleyball (14+) By Request(6+) 4:00-7:00PM Gym 1

ACTIVE OLDER ADULTS

AOA CHAIR STRENGTH Have fun and move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living skills. Light weights, bands, and exercise ball are offered for resistance and a chair is used for seated and/or standing support.

AOA CHAIR YOGA This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges—all postures are done standing near or seated in a chair.

AOA STEP Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step.

AOA STRENGTH Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.

AOA STEP/STRENGTH This class is a combination of AOA Step and AOA Strength.

AOA YOGA This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.

AQUA EXERCISE AND REHABILITATION

AQUA FITNESS A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

AQUA ZUMBA® Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body toning.

AQUA ARTHRITIS & INJURY This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain. Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

CARDIO AND STRENGTH

BOOT CAMP Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.

- **TABATA BOOTCAMP** High energy class designed to boost your after exercise caloric burn using intervals with a variety of cardio and strength drills.
- **BOOT CAMP EXPRESS** Get your extreme workout in 45minutes! Bootcamp express will give you all the same benefits of our boot camp class in a shorter time frame.

CIRCUIT TRAINING Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.

- **CIRCUIT TRAINING - EXPRESS** Get your circuit training workout in 45minutes!

CORE STRENGTH This class will increase stability and balance by targeting your core muscles—abs, back and legs, using a variety of techniques.

H.I.I.T. High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

INSANTIY® Insanity LIVE® is a high intensity cardio conditioning workout that provides support and group motivation to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Designated for all levels, moves can be modified.

INTERVAL TRAINING Alternate high and low intensity cardio with toning exercises for a total body workout.

METCON A challenging class involving sustained high intensity exercises. This format involves weights as well as body weight movements with short rest periods in order to burn fat and create a conditioning effect. The result is an effective fat burning and muscle building workout that gets you breathless!

POUND® Using Ripstix® (lightly weighted drumsticks) you will become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements.

POWER BOXING Take cardio kickboxing to the next level with punching and kicking drills on the heavy bag. Hand wraps, kickboxing or boxing gloves are required. Limited gloves available for new participants. No experience needed.

R.I.P.P.E.D.® A constantly changing format that combines Resistance, Intervals, Power, Plyometric, Endurance, and Diet to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

STEP Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

STRENGTH TRAINING Strengthen and tone your muscles using weights and other resistance equipment.

STRONG by Zumba® STRONG by Zumba® combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

CYCLE

ALL LEVELS Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

CYCLE - CORE This class consists of 45 minutes of all levels cycle followed by 10 minutes of core work done on the floor.

DANCE FITNESS

HIP HOP DANCE Learn basic hip-hop steps, rhythms, and body movements! Put it all together in great dance routines that showcase what you've learned.

HIP HOP KIDS This class is designed for kids 3-8 to learn the basic hip-hop moves.

HIP HOP TEENS This class is designed for kids 9-14. They will be breaking down two to three routines and developing their own hip hop dance style. Concentrating on individual moves and rhythms.

BOLLYWOOD DANCE Inspired by the high energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit, all at the same time!

ZUMBA® A Latin-inspired dance fitness class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

ZUMBA® GOLD Just as fun, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners.

ZUMBA® TONING Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.

LATIN DANCE BREAKDOWN This class is designed for people new to Latin dancing or want to gain more experience. You will learn the basics in the Latin dance moves from Latin hip motion to step-by-step dance moves including Salsa, Cha-Cha, Merengue & more.

YOGA

- **HATHA** Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.
- **INTERMEDIATE** This class goes beyond the basics of yoga. Geared for students who have prior yoga experience, the class utilizes traditional yoga postures to build a more challenging advanced flow.
- **RESTORATIVE** A therapeutic yoga class, using blanket, straps and bolsters, to help reduce tension, relax muscles and calm the mind.
- **POWER VINYASA** A powerful, energetic flow using breath to movement transitions to

connect the mind and body, while building strength, gaining flexibility and toning muscles.

- **YOGA SCULPT** Boost metabolism and build lean muscle mass in this full body workout. Yoga Sculpt combines free weights with basic yoga sequencing and cardio to intensify each pose while mixing strength training moves like squats, lunges and bicep curls.

STRETCHING Stretch your muscles, calm your mind, help with injuries and soothe tension.

MEDITATION Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

BARRE & PILATES

ABOVE THE BARRE A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

- **ABOVE THE BARRE Express** Get your challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility in 45 minutes.

PILATES - MAT This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.

TAI CHI

Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable and registration is required.

- **Tai Chi - First Section** For those beginning their study of Traditional Yang Family Tai Chi Chuan.
- **Tai Chi - Second Section** For all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.
- **Tai Chi - Third Section** For those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

NET SPORTS

ADULT PICK UP BASKETBALL Enjoy friendly competition and practice your basketball skills with other players.

ADULT PICKLEBALL Enjoy friendly competition and practice your Pickleball skills with other players.

BADMITTON Enjoy some family fun and and practice your badminton skills.

FAMILY PICKLEBALL Enjoy some family fun and practice your pickleball skills together.

PICK UP BASKETBALL (60+, 18+, 16+) Enjoy friendly competition and practice your basketball skills with other players.

OPEN VOLLEYBALL (14+) Come join the fun. Both beginner and intermediate times are available. Available by Request (6+ Required)

PICKLEBALL (All Ages) Enjoy some family fun and practice your pickleball skills together. Available by Request (4+ Required)

VOLLEYBALL—Advanced(14+)

For experienced players, bring your best game and up level your volleyball skills with other players.

TABLE TENNIS (All Ages) Enjoy some family fun and practice your table tennis skills together.

TEEN BASKETBALL Learn basketball basics, drills, and sportsmanship with other teens 12-18 years old.