



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Effective January 2018

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance.
- Those ages 12 and older may participate in group and aquatics exercise classes unless otherwise noted.
- Classes listed **\$\$\$** are paid programs. All other classes are included with a membership.

# GROUP EXERCISE SCHEDULE

## SHIREMAN STUDIO (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
	<b>Group Cycling</b> 6 - 6:45 a.m. Mary Ann (No Class 1/30; Lisa C subs 1/23)		<b>Group Cycling</b> 6 - 6:45 a.m. Mary Ann (No Class 1/18,25)		
<b>Yoga</b> 9 - 9:55 a.m. Abby	<b>Tai Chi \$\$\$</b> 8 - 8:45 a.m. Rick Haines	<b>Pilates</b> 9 - 10 a.m. Abby	<b>Tai Chi \$\$\$</b> 8 - 8:45 a.m.	<b>Yoga</b> 9 - 10 a.m. Abby	<b>Group Cycling</b> 9:30 - 10:30 a.m. w/Mary Ann Jan. 13 Only
<b>REFIT®</b> 10 - 11 a.m. Crystal/Cheryl			<b>REFIT®</b> 10 - 11 a.m. Crystal		
<b>Group Cycling</b> 5:30 - 6:30 p.m. Charles	<b>Yoga</b> 6 - 7 p.m. Abby	<b>Group Cycling</b> 5:30 - 6:30 p.m. Charles	<b>Gentle Yoga</b> 11:30 a. - 12:25p. Abby		
			<b>Core de Force</b> 5:30 - 6:25 p.m. Lisa C.		
			<b>Strengthen &amp; Lengthen</b> 6:30 - 7:30 p.m. Lindsey (No Class 1/4,11)		

## HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
<b>R.I.P.P.E.D.</b> 5:15 - 6:15 a.m. Michelle (No Class 1/29)		<b>R.I.P.P.E.D.</b> 5:15 - 6:15 a.m. Michelle	<b>Women on Weights (WOW!)</b> 5:15 - 6 a.m. Rhonda	<b>R.I.P.P.E.D.</b> 5:15 - 6:15 a.m. Michelle	<b>Instructor's Choice</b> 9:30-10:30am
<b>SilverSneakers® Classic</b> 9 - 9:55 a.m. Sarah/Lisa	<b>Country Heat®</b> 9 - 9:55 a.m. Megan/Cheryl		<b>SilverSneakers® Classic</b> 9 - 10 a.m. Sarah/Lisa	<b>Country Heat®</b> 9 - 9:55 a.m. Megan/Cheryl	-1/6 Core de Force w/Lisa C.
<b>BodyPump™</b> 10 - 11 a.m. Tara (No Class 1/1)	<b>REFIT®</b> 10 - 11 a.m. Crystal/Cheryl	<b>BodyPump™</b> 10 - 11 a.m. Tara		<b>BodyPump™</b> 10 - 11 a.m. Tara	-1/13 Group Cycling w/Mary Ann (Shireman Studio)
	<b>SilverSneakers® Classic</b> 11:30a. - 12:25p. Sarah		<b>Zumba® Gold</b> 10:30 - 11:30 a.m. Sarah (Lisa subs 1/11)		-1/20 Zumba® w/ Kelly
<b>Insanity®</b> 4:30 - 5:25 p.m. Kacie (Kelly subs 1/8)	<b>Mat Pilates</b> 4 - 4:45 p.m. Lisa	<b>Insanity®</b> 4:30 - 5:25 p.m. Kacie (Kelly subs 1/10)	<b>Mat Pilates</b> 4 - 4:45 p.m. Lisa		-1/27 Women on Weights (WOW) Rhonda
<b>Country Heat®</b> 5:30 - 6:25 p.m. Megan/Cheryl	<b>Zumba® Toning</b> 4:50 - 5:30 p.m. Lisa	<b>REFIT®</b> 5:30 - 6:25 p.m. Crystal/Cheryl	<b>Zumba® Toning</b> 4:50 - 5:30 p.m. Lisa		
<b>Taekwondo \$\$\$</b> 6:30 - 8:30 p.m. Yvonne	<b>BodyPump™</b> 6 p.m. - 6:55 p.m. Tara		<b>BodyPump™</b> 6 p.m. - 6:55 p.m. Tara		
	<b>Zumba®</b> 7 - 7:50 p.m. Kelly	<b>Taekwondo \$\$\$</b> 6:30 - 8:30 p.m. Yvonne			

### CLASS COLOR CODE:

MIND/ BODY	STRENGTH	CYCLE
CARDIO	DANCE	AOA (Active Older Adults)

# CLASS DESCRIPTIONS

## **BodyPump™**

The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so with your choice of weight and highly-trained instructors you can get the group effect and the results you've been looking for!

## **Core de Force**

Mixed martial arts combinations (boxing, kickboxing, and Muay Thai) along with bodyweight moves and cardio spikes, to give a total body workout that is core-focused. You'll burn major calories while carving your waist. No equipment necessary.

## **Country Heat**

When was the last time you actually had FUN trying to lose weight? When was the last time you actually looked forward to walking on a treadmill? Country Heat changes everything! It's great country music—and by great, we mean GREAT—and the moves are simple line dance-inspired. Yes, SIMPLE! So if you want to lose weight but have been waiting for the simple, fun program without burpees, pull-ups, or hip-hop backflips...

You're gonna LOVE Country Heat. Turn it up to burn it off! Set to chart-topping country music, the moves are so easy it's like walking, but way more fun. And not only are the moves easy to follow, so is the eating plan: With simple portion-control containers you lose the weight and still get to eat the food you love. The result? A complete weight-loss solution that's so easy—and such a blast—you'll never have to talk yourself into working out again—'cause you're gonna want to do it!

## **Gentle Yoga**

Designed for beginners as well as those with injuries. The class emphasizes stretching to increase flexibility, coordination of breath and movement, and attention to alignment. Props, such as blocks, bolsters, blankets, belts, and chairs are used for safe practice and to allow the body to fully achieve each position comfortably. Class is slower paced for a relaxing, restorative experience. Open to all levels.

## **Group Cycling**

A superior cardiovascular workout which incorporates different levels of resistance, speed and intensity. Participants are encouraged to cycle at their own ability level.

## **INSANITY®**

A revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the stress adaptation response, which normally happens when your body gets used to exercising at one level of exertion. The result of this is halting your progress on your fitness improvement journey. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.

## **MAT PILATES**

An exercise system of movements that uses the mind and the body to enhance muscular strength, improve flexibility and overall health and wellness. Pilates movements requires control of your own body to properly execute a few repetitions during exercise. Finally, developing subconscious habits of coordinated movements, core stability, enhanced posture that improves activities of daily living and help to avoid injury.

## **PILATES**

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates transforms the way your body looks, feels and performs. Focusing on spinal alignment and strengthening abdominal and back muscles, Pilates builds strength without excess bulk, creating a sleek and toned body. Appropriate for all fitness levels.

## **REFIT®**

REFIT® combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

## **R.I.P.P.E.D.**

Want to lose inches and increase your metabolism? Not satisfied with your workouts? R.I.P.P.E.D. is what it takes! R.I.P.P.E.D. is a "Plateau Proof Fitness Formula" that masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

## **SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

## **Strengthen and Lengthen**

This is a Power Vinyasa Yoga class that is suitable for all levels. It's a powerful, energetic, and playful style with a strong emphasis on breath and proper alignment. The class will feature current music to keep you moving while torching calories, cleansing the body, strengthen muscles, and clearing the mind. The dynamic mix of athleticism and spirit that is cultivated in each class will challenge you to step out of your comfort zone, unlock your hidden potential, and live your own extraordinary life as you work up a sweat and engage new muscle groups. There's plenty of room for beginners, intermediate, and advanced participants to be challenged in the same class.

## **Tai Chi for Arthritis**

Tai Chi for Arthritis is based on Sun style tai chi that is an exercise which improves relaxation, vital energy, and its ability to improve mobility and balance. The program contains a carefully constructed set of warming-up and cooling-down exercises, Qigong breathing exercises, a Basic Core six movements, an Advanced Extension six movements, and adaptations of the movements for older adults. Also incorporated into the program is a safe and effective teaching system instructed by Rick Haines. For ages 18 and older.

## **Women on Weights (WOW!)**

Join other motivated women for abs and core training, strength and endurance drills, jogging, calisthenics and more in this morning class geared to give results.

## **Yoga**

This yoga class is for all levels of yoga enthusiasts and will bring balance, strength and focus to your day.

## **Zumba®**

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party! Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective, and totally exhilarating!

## **Zumba Gold®**

Zumba Gold® is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for the active older adult, true beginner, or anyone seeking a modified approach!

## **Zumba® Toning**

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Participants learn how to use light weights to tone all their target zones, including arms, abs and thighs. Zumba® Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.