



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective February 2019

- 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
	Running Group 5 a.m. MEETS OUTSIDE Loretta		Running Group 5 a.m. MEETS OUTSIDE Loretta		
	Group Cycling 6 - 7 a.m. Mary Ann		Group Cycling 6 - 7 a.m. Mary Ann		
Yoga 9 - 10 a.m. Abby	Tai Chi \$\$\$ 8:30-9:15a.m. Rick Haines	Pilates 9 - 10 a.m. Abby	Tai Chi \$\$\$ 8:30-9:15a.m. Rick Haines	Yoga 9 - 10 a.m. Abby	Instructor's Choice 9:30 - 10:30 a.m. 2/16 Group Cycling w/Mary Ann
Gentle Yoga 11:30am-12:30pm Susan	Yoga 9:30 - 10:30 a.m. Caitlin		Gentle Yoga noon - 1 p.m. Abby		
Group Cycling 5:30 - 6:30 p.m. Charles	REV+FLOW® 5 p.m. - 6 p.m. Crystal	Group Cycling 5:30 - 6:10 p.m. Charles	REV+FLOW® 5 p.m. - 6 p.m. Crystal		
	Yoga 6 - 7 p.m. Abby	Slow Flow Vinyassa 6:15-7:15pm Lindsey	Yoga 6 p.m. - 7 p.m. Caitlin		

HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
R.I.P.P.E.D. 5:15 - 6:15 a.m. Michelle	Country Heat® 9 - 9:55 a.m. Cheryl	R.I.P.P.E.D. 5:15 - 6:15 a.m. Michelle	Women on Weights (WOW!) 5:15 - 6 a.m. Rhonda	R.I.P.P.E.D. 5:15 - 6:15 a.m. Michelle	Instructor's Choice 9:30 - 10:30 a.m.
SilverSneakers® Classic 9 - 9:55 a.m. Sarah	Strength Train Together 10 - 11 a.m. Tara		Silver Sneakers® Classic 9 - 9:55 a.m. Sarah	Country Heat® 9 - 9:55 a.m. Cheryl	-2/2 Kick Start Your Heart!!!
REFIT 10 - 11 a.m. Cheryl	SilverSneakers® Classic 11:30a-12:25p Sarah	REFIT 10 - 11 a.m. Cheryl	Strength Train Together 10 - 11 a.m. Tara	REFIT 10 - 11 a.m. Cheryl	-2/9 Silver Sneakers w/ Sarah
Insanity® 4:30 - 5:25 p.m. Kacie	Barre/Pilates 4 - 4:30 p.m. Lisa	LIFT 11 a.m. - noon Megan	Barre/Pilates 4 - 4:30 p.m. Lisa (class canceled 2/7, 14)	LIFT 11 a.m. - noon Megan	2/16 SEE SHIREMAN ROOM
REV+FLOW® 5:30 - 6:25 p.m. Crystal	Tabata 4:30-5:30 p.m. Lisa	Insanity® 4:30 - 5:25 p.m. Kacie	Tabata 4:30 - 5:30pm Lisa (Megan subs 2/7, 2/14)		2/23 Yoga w/ Caitlin
Taekwondo \$\$\$ 6:30 - 8:30 p.m. Yvonne	Strength Train Together 6 - 7 p.m. Tara	REFIT® 5:30 - 6:25 p.m. Crystal	Strength Train Together 6 - 7 p.m. Tara		
	Zumba® 7:05- 7:50 p.m. Sarah	Taekwondo \$\$\$ 6:30 - 8:30 p.m. Yvonne			

CLASS COLOR CODE:

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

CLASS DESCRIPTIONS

Barre

Barre fuses the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do; and it delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape. No dance experience is needed.

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.

LIFT

LIFT is a barbell workout that incorporates functional strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises and great music to create a thrilling group fitness atmosphere!

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.

REV+FLOW by REFIT®

REV+FLOW is a dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music. For beginner to advanced, all fitness levels welcome!

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.

Slow Flow Vinyasa Yoga

A form of yoga that links the breath, movement, and poses together in a dance-like way. Sometimes referred to as Flow Yoga, reflecting the emphasis on the movement, or ebb and flow, between poses. The breath is given primacy, acting as an anchor as you move from one pose to the next. This is one of the most popular contemporary styles of yoga.

Strength Train Together

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

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® 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.