



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective September 2024

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance. A class may be filled with an alternate class when an instructor is unavailable.
- Those ages 12 and older may participate in group and aquatics exercise classes unless otherwise noted.

GROUP EXERCISE SCHEDULE

SHIREMAN STUDIO (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
Yoga 9 - 10:00 a.m. Abby (ALSO ON ZOOM) https://us02web.zoom.us/j/82610270896	Cycle Together 9:00-9:45 a.m. Lindsey	Pilates 9 - 10 a.m. Abby (ALSO ON ZOOM) https://us02web.zoom.us/j/82610270896 Meeting ID:	Cycle Together 9:00-9:45 a.m. Courtney Cycle Together 5:45-6:30 p.m. Lindsey	Yoga 9 - 10 a.m. Abby (ALSO ON ZOOM) https://us02web.zoom.us/j/82610270896 Meeting ID: 825 5418 5178	
Group Cycling 5:30 - 6:30 p.m. Courtney	Mindful Motions 5:30 - 6:30 p.m. Sam (Abby subs 9/17)		Yoga 6:30 - 7:15 p.m. Lindsey		

HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
Barre 5 - 6 a.m. Angela	Step Inferno 5-6 a.m. Angela	Barre 5 - 5:50 a.m. Angela	Step Inferno 5-6 a.m. Angela	Barre 5 - 6 a.m. Angela (No class 9/27)	Instructor's Choice 9:30 - 10:30 a.m. NO CLASSES
Silver Sneakers® Classic 9 - 10 a.m. Sarah (Subs for September due to surgery)	Group Cycling 6:30-7:30 a.m. Mary Ann	Women on Weights (WOW!) 6-6:45 a.m. Rhonda (No class 9/25)	Group Cycling 6:30-7:30a.m. Mary Ann	Country Throwdown 9 - 9:55 a.m.	
REFIT® 10:05 - 11:05 a.m. Cheryl	Country Throwdown 9 - 10:00 a.m. Cheryl	REFIT® 10 a.m. - 11 a.m. Robert	Silver Sneakers® Classic 9 - 10 a.m. Sarah (Subs for September due to surgery)	REFIT® 10 a.m. - 11 a.m. Cheryl	
Strength Train Together® 5 - 6 p.m. Janice	Curls & Crunches 10:05-10:35 a.m.	Curls & Crunches 11:05-11:35 a.m. Robert	Silver Sneakers® Classic 9 - 10 a.m. Sarah (Subs for September due to surgery)		
	Silver Sneakers® Classic 10:45a.m.-11:45p.m. Sarah (Subs for September due to surgery)		Strength Train Together® 5 - 6 p.m. Janice		

CLASS COLOR CODE:

MIND/BODY	STRENGTH	CYCLE
CARDIO	DANCE	AOA (Active)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective October 2024

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance. A class may be filled with an alternate class when an instructor is unavailable.
- Those ages 12 and older may participate in group and aquatics exercise classes unless otherwise noted.

GROUP EXERCISE SCHEDULE

SHIREMAN STUDIO (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
<p>Yoga 9 - 10:00 a.m. Abby</p> <p>(ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga</p>	<p>Cycle Together 9:15-10:00 a.m. Lindsey (No class 10/8)</p>	<p>Pilates 9 - 10 a.m. Abby</p> <p>(ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga</p>	<p>Cycle Together 9:00-9:45 a.m. Courtney</p> <p>Cycle Together 5:45-6:30 p.m. Lindsey (No class 10/10)</p>	<p>Yoga 9 - 10 a.m. Abby</p> <p>(ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga</p>	
<p>Group Cycling 5:30 - 6:30 p.m. Courtney</p>	<p>Mindful Motions 5:30 - 6:30p.m. Sam</p>		<p>Yoga 6:30 - 7:15 p.m. Lindsey (Abby subs 10/10)</p>		

HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
<p>Barre 5 - 6 a.m. Angela</p>	<p>Step Inferno 5-6 a.m. Angela</p>	<p>Pumped 5 - 5:50 a.m. Angela</p>	<p>Step Inferno 5-6 a.m. Angela</p>	<p>Barre 5 - 6 a.m. Angela</p>	<p>GLOW PARTY</p> <p>Friday 10/25</p> <p>6-8pm</p>
<p>Silver Sneakers® Classic 9 - 10 a.m. Sarah</p>	<p>Group Cycling 6:30-7:30 a.m. Mary Ann</p>	<p>Women on Weights (WOW!) 6-6:45 a.m. Rhonda</p>	<p>Group Cycling 6:30-7:30a.m. Mary Ann</p>	<p>Country Throwdown 9 - 9:55 a.m.</p>	
<p>REFIT® 10:05 - 11:05 a.m. Cheryl</p>	<p>Country Throwdown 9 - 10:00 a.m. Cheryl</p>	<p>REFIT® 10 a.m. - 11 a.m. Robert</p>	<p>Silver Sneakers® Classic 9 - 10 a.m. Sarah</p>	<p>REFIT® 10 a.m. - 11 a.m. Cheryl</p>	
<p>Strength Train Together® 5 - 6 p.m. Janice (No class 10/21)</p>	<p>Curls & Crunches 10:05-10:35 a.m. Robert</p>	<p>Curls & Crunches 11:05-11:35 a.m. Robert</p>	<p>Silver Sneakers® Classic 9 - 10 a.m. Sarah</p>		
	<p>Silver Sneakers® Classic 10:45a.m.- 11:45p.m. Sarah</p>		<p>Strength Train Together® 5 - 6 p.m. Janice</p>		

CLASS COLOR CODE:

MIND/BODY	STRENGTH	CYCLE
CARDIO	DANCE	AOA (Active)

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.

Country Throwdown

Great country music with simple line dance-inspired moves. 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 Throwdown.

Curls and Crunches

A low impact workout that targets upper and lower body, combining range of motion movements with light weights. This workout is ideal for all fitness levels.

Group Cycling/Cycle Together

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

MINDFUL MOTIONS

A stretching class for all levels. Works on strength, balance, and flexibility.

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.

PUMPED

A group fitness format designed using barbells and dumbbells, choreographed to heart-pumping music to create a fun, energetic one-of-a-kind experience that is effective and safe for all fitness levels. It uses the rhythm, speed and phrasing of the music to keep all class participants on the same pace.

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.

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.

Step Inferno

This is a 55 minute high intensity step workout that is challenging, fun, and motivating. You will sweat and scorch calories with this exciting twist on traditional step training.

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 Health

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.