

Effective November 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.
- 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
Yoga 9 - 10:00 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	Group Cycling 9:15 - 10:00 a.m. Lindsey	Pilates 9 - 10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	Group Cycling 9:00 - 9:45 a.m. Courtney	Yoga 9 - 10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	

HERITAGE ROOM/LIMEBERRY ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	SAT
	Group Cycling 6:30 - 7:30 a.m. Mary Ann	Women on Weights (WOW!) 6 - 6:45 a.m. Rhonda	Group Cycling 6:30 - 7:30 a.m. Mary Ann		
Silver Sneakers® Classic 9 - 10 a.m. Sarah	Country Throwdown 9 - 10:00 a.m. Cheryl		Silver Sneakers® Classic 9 - 10 a.m. Sarah	Country Throwdown 9 - 10 a.m. Cheryl	
REFIT® 10:05 - 11:05 a.m. Cheryl	Curls & Crunches 10:00 - 10:40 a.m. Robert	REFIT® 10 a.m. - 11 a.m. Robert		REFIT® 10 - 11 a.m. Cheryl	
	Silver Sneakers® Classic 10:45 a.m. - 11:45 p.m. Sarah	Curls & Crunches 11:00 - 11:40 a.m. Robert			

CLASS COLOR CODE:

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

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GROUP EXERCISE SCHEDULE

SHIREMAN STUDIO (2nd Floor)

MON	TUES	WED	THURS	FRI	Add. Info.
Yoga 9 - 10:00 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	Group Cycling 9:15 - 10:00 a.m. Lindsey (No class 12/24,31)	Pilates 9 - 10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	Group Cycling 9:00 - 9:45 a.m. Courtney (No class 12/26)	Yoga 9 - 10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	

LARGE GROUP EX ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	Add. Info.
Total Body Burn 5 - 6 a.m. Angela (Takes place in the fitness center)	Group Cycling 6:30 - 7:30 a.m. Mary Ann	Total Body Burn 5 - 6 a.m. Angela (Takes place in the fitness center)	Group Cycling 6:30 - 7:30 a.m. Mary Ann		PLEASE NOTE THAT ANGELA'S TOTAL BODY BURN TAKES PLACE IN THE FITNESS CENTER, IN THE CARDIO AND PLYOMETRIC ROOM.
Silver Sneakers® Classic 9 - 10 a.m. Sarah	Country Throwdown 9 - 10:00 a.m. Cheryl	Women on Weights (WOW!) 6 - 6:45 a.m. Rhonda		Country Throwdown 9 - 10 a.m. Cheryl	
REFIT® 10:05 - 11:05 a.m. Cheryl	Curls & Crunches 10:00 - 10:40 a.m. Robert	REFIT® 10 a.m. - 11 a.m. Robert	Silver Sneakers® Classic 9 - 10 a.m. Sarah (Abby subs 12/12)	REFIT® 10 - 11 a.m. Cheryl	
	Silver Sneakers® Classic 10:45 a.m. - 11:45 p.m. Sarah (Video 12/10)	Curls & Crunches 11:00 - 11:40 a.m. Robert (No class 12/4,11)			
Power Pulse 5:15 - 6:15 p.m. Janice	Total Body Burn 6-7 p.m. Angela (Takes place in the fitness center)	Power Pulse 5:15 - 6:15 p.m. Janice	Total Body Burn 6-7 p.m. Angela (Takes place in the fitness center)		

CLASS COLOR CODE:

MIND/BODY	STRENGTH/CIRCUIT TRAINING	GROUP CYCLING
CARDIO/HIIT	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.

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.

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.

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.