

Effective January 2025

- 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.

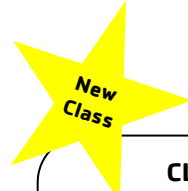
GROUP EXERCISE SCHEDULE

SHIREMAN STUDIO (2nd Floor)

| MON | TUES | WED | THURS | FRI | Add. Info. |
|--|---|--|--|---|--|
| Yoga 9 - 10:00 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga | Group Cycling 9-10 a.m. Courtney | Pilates 9 - 10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga (No class 1/8) | Group Cycling 9:15 - 10:15 a.m. Lindsey | Yoga 9 - 10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga (Lindsey subs) | PLEASE NOTE THAT THE SPRINT 8 PROGRAM WILL TAKE PLACE IN THE FITNESS CENTER, IN THE CARDIO AND PLYOMETRIC ROOM. |
| Sprint 8 6 - 6:30 p.m. Courtney \$\$ PROGRAM TAKES PLACE IN THE FITNESS CENTER CARDIO ROOM | Group Cycling 5:15 - 6:15 p.m. Lindsey Yoga 6:15 - 7:00 p.m. Lindsey | Sprint 8 6 - 6:30 p.m. Courtney \$\$ PROGRAM TAKES PLACE IN THE FITNESS CENTER CARDIO ROOM | | | |

LARGE GROUP EX ROOM (2nd Floor)

| MON | TUES | WED | THURS | FRI | Add. Info. |
|---|--|--|---|---|------------|
| | Group Cycling 6:30 - 7:30 a.m. Mary Ann | Women on Weights (WOW!) 6 - 6:45 a.m. Rhonda (No Class 1/29) | Group Cycling 6:30 - 7:30a.m. Mary Ann | | |
| Silver Sneakers® Classic 9 - 10 a.m. Sarah | Country Throwdown 9 - 10:00 a.m. Cheryl | REFIT® 10 a.m. - 11 a.m. Robert (Sarah Subs) | | Country Throwdown 9 - 10 a.m. Cheryl | |
| REFIT® 10:05 - 11:05 a.m. Cheryl | Curls & Crunches 10:00 - 10:40 a.m. Robert (Cheryl Subs) | Curls & Crunches 11:00 - 11:40 a.m. Robert (Sarah Subs) | Silver Sneakers® Classic 9 - 10 a.m. Sarah | REFIT® 10 - 11 a.m. Cheryl | |
| Power Pulse 5:15 - 6:15 p.m. Janice (No Class 1/13) | Silver Sneakers® Classic 10:45a.m.- 11:45p.m. Sarah | Power Pulse 5:15 - 6:15 p.m. Janice (No Class 1/15) | | | |
| Barre 6:30 - 7:30 p.m. Angela | Total Body Burn 6-7 p.m. Angela | Barre 6:30 - 7:30 P.m. Angela | Total Body Burn 6-7 p.m. Angela | | |



CLASS COLOR CODE:

| | | |
|-----------------|----------------------------------|------------------------------|
| MIND/ BODY | STRENGTH /CIRCUIT TRAINING | GROUP CYCLING |
| CARDIO/ HIIT | DANCE | AOA (Active Older Adults) |

Effective February 2025

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| Power Pulse 5:15 - 6:15 p.m. Janice (No Class 2/24) | Silver Sneakers® Classic 10:45a.m.- 11:45p.m. Sarah | Power Pulse 5:15 - 6:15 p.m. Janice (No class 2/26) | | | |
| Barre 6:30 - 7:30 p.m. Angela | Total Body Burn 6-7 p.m. Angela | Barre 6:30 - 7:30 P.m. Angela | Total Body Burn 6-7 p.m. Angela (No class 2/27) | | |

CLASS COLOR CODE:

| | | |
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CLASS DESCRIPTIONS

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

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.

Power Pulse

Prepare for a dynamic workout that mixes bursts of cardio with strength training for a full-body challenge! This high-energy class alternates short cardio intervals with strength exercises using dumbbells and weighted bars, with core-strengthening abdominal moves woven throughout the workout. Ideal for all fitness levels, this class keeps you engaged, builds endurance, and strengthens every muscle group from start to finish!

REFIT®

REFIT® combines several elements of fitness into one power-packed hour. While the focus is structured around cardio dance 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.

Total Body Burn

Jumpstart your fitness with this dynamic, high-energy class! We'll begin with a cardio warm-up to get your heart pumping, then dive into high-intensity exercises designed to maximize fat burn and boost cardiovascular fitness. Next, we'll move into circuit training, with a mix of strength, cardio, and functional exercises to target all major muscle groups. We'll finish with an active recovery phase to gradually bring your heart rate down and promote muscle recovery. Get ready for a powerful workout that challenges every part of your body!

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

Experience a calming and rejuvenating practice in this Hatha-style yoga class. With a focus on holding poses and proper alignment, this class is perfect for building strength, improving flexibility, and finding balance. Suitable for all levels, it offers a slower pace to help you connect with your breath, reduce stress, and leave feeling refreshed and centered.