

GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

Updated 4.22.24

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLING 5:45-6:30A RICHELLE			PICKLEBALL 7:00-8:30A WHOLE GYM	
TONING 8:15-9:00A JESSICA		TONING 8:15-9:00A JESSICA	GENTLE YOGA 8:00-8:45A TASHA	TONING 8:15-9:00A JESSICA		
GENTLE YOGA 9:15-10:00A TASHA	PILATES 9:00-9:45A JANE	GENTLE YOGA 9:15-10:00A TASHA	PILATES 9:00-9:45A JANE	WILDCARD 9:15-10:00A JESSICA	YOGA 9:00-9:45A MELISSA	
PICKLEBALL 9:15A-12:00P WHOLE GYM	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	PICKLEBALL 9:15A-12:00P WHOLE GYM	BEGINNER HIIT 10:00-10:45A LILLIAN	
	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE			
		PICKLEBALL 12:00P-3:00P BACK HALF ONLY				BEGINNER STEP 12:30-1:15P LILLIAN
	YOGA 5:00-5:45P SHELLI	CARDIO DANCE 5:00-5:45P TIFFANY				
CARDIO DANCE 6:00-6:45P TIFFANY	ZUMBA 6:00-6:45P MARJORIE		YOGA BARRE 6:00-6:45P SHELLI			
SPIN & TONE 6:00-7:00P BECKY						
	CORE CONDITIONING 7:00-7:45P EDNA	BEGINNER HIIT 7:00-7:45P LILLIAN	CARDIO VARIETY 7:00-7:45P EDNA			

Group Exercise Program Name:	Description:
Beginner HIIT	High-intensity interval training (HIIT) is an exercise format that alternates periods of short, intense exercises with less-intense recovery periods.
Beginner Step	Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.
Cardio Dance	Cardio dance is a cardiovascular workout utilizing high energy dance-based movements set to music.
Cardio Variety	Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.
Core Conditioning	Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.
Cycling	This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.
Pickleball	A fun sport that combines many elements of tennis, badminton and ping-pong.
Silver Sneakers Classic	Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.
Spin & Tone	30 minutes of spin to warm-up and increase your heart rate followed by 30 minutes for focused strength training (themes change monthly).
Stretching	Feeling a little stiff? Stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.
Toning	Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.
Wildcard	Take a walk on the wild side and mix up your workout! Wild card offers a new exercise each week! Wild Card exercises may include kickboxing, cycling, toning, jump rope and much more.
Yoga	Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Gentle & Regular)
Yoga Barre	A full body workout that combines yoga, stretching, barre, pilates and upper body exercises with or without weights.
Zumba	Are you ready to party yourself into shape? 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. You are sure to burn calories and have fun!