

# GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

12.20.25-1.3.26

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Y CLOSED CHRISTMAS DAY & NEW YEARS DAY		
SHINE/TONING 8:15-9:00A SARAH/TRICIA		TONING 8:15-9:00A TRICIA			PICKLEBALL 7:00-8:30A WHOLE GYM
GENTLE YOGA 9:15-10:00A TASHA 12/22 ONLY	SHINE 9:00-9:45A SARAH NO CLASS 12/30	SHINE 9:15-10:00A SARAH		PICKLEBALL 9:15A-12:00P WHOLE GYM	YOGA 9:00-9:45A MELISSA
PICKLEBALL 9:15A-12:00P WHOLE GYM	CARDIO DRUMMING 10:00-10:45A SHEENA			CARDIO DRUMMING 10:30-11:15A SHEENA	REFIT 10:00-10:45A BECKY SM. NO CLASS 12/27
	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE NYE ONLY			
	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE NYE ONLY			
REFIT 6:00-6:45P BECKY SM. 12/22 ONLY		Y CLOSING AT NOON CHRISTMAS EVE & NEW YEARS EVE			
BOOTCAMP 7:00-7:45P DEMICA					

<b>Program Name:</b>	<b>Description:</b>
<b>Barre</b>	Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back and hips.
<b>Bootcamp</b>	An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.
<b>Cardio Dance</b>	Cardio dance is a cardiovascular workout utilizing high energy dance-based movements set to music.
<b>Cardio Drumming</b>	High intensity drumming providing a full body workout while remaining fun enough for anyone to do with no training and basic equipment.
<b>Cardio Variety</b>	Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.
<b>Core Conditioning</b>	Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.
<b>Cycling</b>	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.
<b>Pickleball</b>	A fun sport that combines many elements of tennis, badminton and ping-pong.
<b>Pilates</b>	This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques. Floor based.
<b>Refit</b>	Refit® combines powerful moves and positive music to create an exciting, fun workout for all ages. Finding a positive workout shouldn't be a negative experience, we're bringing the party to your fitness routine - and we cannot wait to dance with you!
<b>Silver Sneakers Classic</b>	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.
<b>SHiNE</b>	SHiNE is a dance fitness workout combining current hit music and choreo to help students feel confident and strong. This high-cardio exercise combines jazz, ballet and hip hop moves with calisthenics in a HIIT format for a full-body workout.
<b>Spin &amp; Tone</b>	30 minutes of spin to warm-up and increase your heart rate followed by 30 minutes for focused strength training (themes change monthly).
<b>Toning</b>	Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.
<b>Wildcard</b>	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.
<b>Yoga</b>	Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Gentle & Regular)
<b>Zumba</b>	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!