

GROUP EX SCHEDULE

1/2 - 5/27/23

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

Group Exercise Program Name:	Description:
Barre	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.
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.
Bootcamp	An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.
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.
Pilates	This class strengthens and reshapes your abs, back and truck using lengthening and strengthening exercises along with proper breathing techniques
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.
Stretching	Feeling a little stiff? Performance 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. (Beginners), (Power), or (Vinyasa)
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!