



September 2021

AEROBIC & FITNESS CLASS SCHEDULE (NO CLASSES SEPTEMBER 6th-Labor Day)

	TIME	CLASS	INSTRUCTOR
MONDAY			
	5:30am - 6:30am	Morning Madness	Elton
	8:00am - 9:00am	Morning Madness	Benita
	10:30am - 11:15am	SilverSneakers	Carol
	11:30am - 12:15pm	YogaStretch	Carol
	6:00pm - 8:00pm	MMA*	Randy
	6:15pm - 7:15pm	Tabata	Erica
TUESDAY			
	5:00am - 6:00am	STRONG by Zumba	Erica
	10:00am - 10:45am	SilverSneakers Move, Muscle and Mind	Marge
	5:15pm - 6:15pm	Pump up the Volume	Carol
	6:30pm - 7:30pm	Yoga-Experienced Beginner*(NEW)	Jodie
WEDNESDAY			
	5:30am - 6:30am	Morning Madness	Elton
	8:00am - 9:00am	Morning Madness	Benita
	10:30am - 11:15am	SilverSneakers	Carol
	11:30am - 12:15pm	YogaStretch	Carol
	6:00pm - 8:00pm	MMA*	Randy
	6:15pm - 7:15pm	Dance Fitness	Erica
THURSDAY			
	6:00am - 7:00am	Spin, Strength & Stretch	Janene
	10:00am - 10:45am	SilverSneakers	Marge
	11:00am - 11:45am	YogaStretch	Marge
	5:15pm - 6:15pm	Pump up the Volume	Carol
	6:00pm - 8:00pm	MMA*	Randy
FRIDAY			
	5:00am - 6:00am	STRONG by Zumba	Erica
	9:00am - 10:00am	Iron Mill 101	Elton
	10:30am - 11:15am	SilverSneakers	Carol
	11:30am - 12:15pm	YogaStretch	Carol

**MMA class requires an additional fee.*

Come check us out, the first class is always free!



GROUP FITNESS CLASS DESCRIPTIONS

DANCE FITNESS

The original dance fitness class - with a twist. Dance-based cardio alternates between high and low intensity moves designed to maximize your calorie-burning potential. Full-body strength training and stretching.

IRON MILL 101

Class will focus on form and execution of basic strength moves. Squats, Planks, Push-Ups, Static Holds and more. The goal is to promote a safe and effective strength training program for beginners to the advanced.

MOVE, MUSCLE and MIND by SilverSneakers

A low impact cardio workout using resistance tools designed to increase strength, flexibility, balance and improve activities of daily living. Exercises are performed in both standing and seated positions with a chair for support.

MORNING MADNESS

This is a total body, heart pumping, aerobic and strength conditioning workout combining full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.

MMA

Cross-functional training that builds exceptional strength, stamina and discipline through the practice of Mixed Martial Arts (Jiu-Jitsu, Muay Thai, Judo, Boxing, Kickboxing and other disciplines).

PUMP UP THE VOLUME

Barbells, Dumbbells, Medicine Balls and you! Strength training & toning will define, tighten and sculpt your entire body from front to back. This workout is sure to deliver results!!!

SILVERSNEAKERS

Move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Use of basic hand weights and elastic tubing. A chair is available for seated or standing support.

SPIN, STRENGTHEN & STRETCH

Interval Training on a bike to increase speed and endurance mixed with upper body work for a balanced workout.

STRONG by Zumba

Train to the beat! This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TABATA

Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone or weight loss, this class will provide both

WACKY WALKING

Join us outdoors as we combine walking and short bursts of strength training, balance and flexibility exercises.

YOGASTRETCH

This class moves your whole body through a complete series of seated and standing Yoga poses. Designed to increase flexibility, balance and range of motion. Restorative breathing exercises and a final relaxation promote stress reduction and mental clarity.

YOGA-Experienced Beginner *(NEW)

Come as you are! Suitable for experienced beginners, advanced intermediate and everyone in between. These classes offer modifications so that you can customize your class to fit your specific needs and level of expertise.

Note: The first class is always FREE! Bring a friend to share in the FUN!