



# November 2018

## MONDAY

Time	Class	Room	Instructor
5:30am	AM Rise & Grind	A	Chelsea
8:30am	H2O Fusion	Pool	Sharon
8:45am	Yoga	B	Mary Clare
9:45am	Silver Sneakers	B	Mary Clare
12:15pm	30 Minute Blast	A	Tami
4:30pm	Spin	A	Mary Sue
5:30pm	Muscle Pump	A	Sandy
5:30pm	H2O Fusion	Pool	Sharon
5:45pm	Zumba	B	Jean
6:35pm	Spin	A	Mary Sue

## TUESDAY

Time	Class	Room	Instructor
5:00am	Spin	A	Summer
8:30am	Zumba	B	Laura
9:45am	Tai Chi	B	Mary Clare
5:30pm	Spin	A	Tara
5:30pm	Gentle Yoga (Debuts Oct.9)	B	Sharon
6:35pm	Boot Camp	A	Sandy

## WEDNESDAY

Time	Class	Room	Instructor
8:30am	H2O Fusion	Pool	Sharon
8:45am	Yoga	B	Mary Clare
9:45am	Silver Sneakers	B	Mary Clare
12:15pm	30 Minute Blast	A	Tami
4:30pm	Spin	A	Mary Sue
5:30pm	Muscle Pump	A	Sandy
5:30pm	H2O Fusion	Pool	Sharon
5:45pm	Zumba	B	Jean
6:35pm	Spin	A	Mary Sue

## THURSDAY

Time	Class	Room	Instructor
5:00am	Spin	A	Summer
9:45am	Balance/Chair Yoga	B	Cathy
5:30pm	Spin	A	Tara
5:45pm	Core & More	B	Chelsea
6:35pm	Boot Camp	A	Chelsea

## FRIDAY

Time	Class	Room	Instructor
8:30am	H2O Fusion	Pool	Sharon

## SATURDAY

Time	Class	Room	Instructor
8:00am	Muscle Pump	A	Lee Ann



# CLASS DESCRIPTIONS

- **AM Rise & Grind**— The perfect way to start your day! Expect the unexpected, instructor will do anything from cardio, strength, core and more!!
- **30 Minute Blast**— Get in and out with this high intensity lunch-time workout!
- **Core & More**— Work your core, glutes and more!
- **Zumba**— Zumba combines Latin dance moves with hip hop, belly dancing and traditional fitness moves.
- **Silver Sneakers**— 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.
- **Balance/Chair Yoga**— Work on your balance and finish with chair yoga.
- **Yoga**— Various yoga techniques combined to stretch, strengthen and relax your entire body.
- **Muscle Pump**— An intense 1hr barbell class that focuses on all major muscle groups. Class consists of squats, presses, lifts and curls as you strengthen, tone and define your entire body. You determine the level you'll work at by choosing the appropriate weights.
- **Tai Chi**— Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements and a study in concentration for the mind.
- **Boot Camp**— High Intensity Interval Training incorporating resistance bands, kettle bells, barbells & dumbbells.
- **H2O Fusion**— This moderate intensity water aerobics class mixes up cardio, strength and flexibility moves to give you a total body workout.
- **Spin**—30 minute intense cardio workout. A variety of riding techniques used. Always modify when needed.