

**GROUP EXERCISE SCHEDULE (As of January 22nd, 2018)** P-Pass Needed  
**POOL ~ GROUP EXERCISE STUDIO ~ AUDITORIUM ~ SPIN Studio ~ GYMNASIUM ~ SR CENTER ~ JWV ROOM**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40 AM		Cycle Fit -Sarah -P	Cardio Sculpt Cycle Fit - Karla -P	Cycle Fit -Callee-P	Circuit - Charity	Cycle Fit Callee-P	
6:00 AM		Tabata-Amy					
7:00 AM							
8:00 AM	Cycle Fit - Gina-P	Aqua Movement Plus-8:15am Danielle HIIT Kickboxing-Jon F		SilverSneakers Splash - Danielle-8:15am		Aqua Zumba-Angela 8:15am Cycle Fit-Jen M-P	CORE (30 min) - Amy
8:30 AM			Cycle Fit - Jen H.-P Aqua Movements-Danielle		Cycle Fit - Jen H.-P Aqua Movements-Eileen		Chisel - Amy Cycle Fit - Heather-P
9:00 AM	Jazzercise \$ - Renee	Wet Workout-Danielle Jazzercise \$ - Renee Cycle Fit -Eileen-P		Wet Workout-Danielle  Cycle Fit-Eileen-P		Wet Workout-Kelly Jazzercise \$ - Renee	Jazzercise \$ - Renee Aquatic Zumba Lisette
9:30 AM	Cycle Fit-Heather-P	SilverSneakers Classic - Amy	Deep Water Fusion-Eileen Step & Sculpt - Jen H		Deep Water Fusion Step & Sculpt - Jen H	Bootcamp - Eileen	Kripalu Yoga
10:00 AM	Core Cardio Circuit-Jon	Vinyasa Yoga-Anna-P  Cycle Fit -Eileen-P		Vinyasa Yoga - Anna-P Zumba Gold-Nancie Cycle Fit - Eileen-P		SilverSneakers Circuit - Amy	
10:30 AM		SilverSneakers Splash Danielle	SilverSneakers Splash - Eileen SilverSneakers Circuit - Noreen	Aqua Movements Plus Danielle	SilverSneakers Splash - Jen M	Golden Waves Kelly	
11:00 AM						Gravity Strength Eileen-P	
11:30 AM		Arthritis Class-Danielle	SilverSneakers Yoga - Anna	Arthritis Class-Danielle  Gravity Strength-Eileen-P		Arthritis Class-Kelly	
12:00 PM			Zumba - Michelle		Zumba - Emma		
12:30 PM							
1:00 PM					SilverSneakers Classic - Eileen		
2:00 PM							
5:00 PM							
5:30 PM		Yoga 4 Athletes - Jenn C	Chisel - Jillian Jazzercise \$ - Renee Cycle Fit - Jen M.-P	Pilates - Emer-P Cycle Fit - Lisa S.-P	Tabata - Amy Jazzercise \$ - Renee Cycle Fit - Lisa S.-P	Core & More Clayton	
6:00 PM		Cycle Fit - Jen M.-P		Aquatic Bootcamp-P Danielle			
6:30 PM		H.I.I.T.-Eileen	Zumba - Lisette  Hatha Yoga-Mary Beth -P	Pure Strength - Jon  M.E.L.T - Emer-P	Zumba - Stacey		
7:00 PM		Wet Workout-Joan Golden Eagle Karate \$ (Self Defense)		Wet Workout-Joan	Golden Eagle Karate \$ (Self Defense)		
7:30 PM		Belly Dancing - Erika					

Complimentary Babysitting for Members Available Every Day 8am-12 noon and Monday-Thursday 5:30pm-8pm

**Yoga 4 Athletes:** Be prepared to sweat in this athletic-based mind/body class, improving more than just flexibility and balance. The class will focus on functional movement, involving multi-planar, multi-joint movements which place demand on the body's core.

**Aquatic Bootcamp:** This class integrates pyramid training, kickboxing drills, interval training, power drills, speed bursts and strength exercises. This class demands a lot of stamina and is great for students who need a new challenge and an athletic workout.

**Aqua Movement:** This aqua fitness class is held in the shallow water for participants who are seeking a less intense workout. Classes will use water's natural resistance along with aquatic equipment for increasing muscular strength, endurance, flexibility and cardiovascular efficiency.

**Aqua Movement Plus:** This aqua fitness class is held in shallow water for participants who are seeking a **more intense workout**. Classes will use water's natural resistance along with aquatics equipment for increasing muscular strength, and cardiovascular efficiency.

**Aqua Zumba:** Aqua Zumba blends the zumba philosophy with water resistance for one pool party you shouldn't miss!

**Belly Dancing :** Basic Middle Eastern dance technique. No dance experience necessary.

**Bootcamp:** Something new each time. Speed Training, agility, balance, strength and maybe even a little boxing.

**Cardio Fusion:** Class is guaranteed to have your heart rate up in the first five minutes of class through Plyometrics, Kickboxing and Calisthenics.

**Cardio Sculpt:** Creative and Fun workout alternating between cardio drills and strength training intervals. This overall body training session is designed to burn the maximum amount of calories.

**Chisel:** This non-stop workout will create a leaner, stronger, and more flexible body. Something new and exciting EVERY class!

**Circuit:** Designed to help you increase lean muscle mass, build endurance and burn fat! The circuit class is a 50 min. total-body workout designed to push each individual to their maximum potential.

**CORE:** An intense workout for the entire torso, this class focuses on toning and strengthening the body's core abdominal and back muscles. This class is only 25 minutes and a great warm up for chisel or spin.

**Core & More:** Tighten and strengthen every muscle of your core. This class focuses on abs, hips, oblique's, lower back and glutes. This class will benefit balance and mobility as well. All fitness levels welcome.

**Core Cardio Circuit:** Help tone, increase cardio endurance, and boost metabolism through this full body workout. Use speed, agility, and your bodyweight to get moving.

**Cycle Fit:** The indoor cycling workout that offers a complete heart pumping, sweat drenched, calorie scorching workout. The instructor will guide participants through different phases, including warm-up, work zone, and cool-down. CycleFit is the perfect non-impact workout for all fitness levels. **Pass Required\*\***

**Deep Water Fusion:** Exercise without impact. This class provides participants with high-intensity training through a variety of movements. Water exercise belts are used for flotation that allows free movement of arms and legs for the ultimate non-impact exercise.

**Hatha Yoga:** This class covers fundamental yoga positions as well as techniques for breathing and relaxation, alternating between active sequences of movement and longer holding poses to build strength and flexibility. A great practice for clearing stagnant energy, healing from injury, relaxing the mind and lifting the spirit. **PASS REQUIRED\*\***

**H.I.I.T.** A full body workout which includes cardio, strength training, and body weight exercises which will burn fat and build muscle. The workout is different every week which keeps it fresh and alive.

**H.I.I.T. Kickboxing-**Boost your metabolism with this high-energy cardio kickboxing/Interval-training class that intergrates kickboxing, functional strength & high-intensity interval training into a fun, challenging, full-body workout.

**Golden Waves:** Low-intensity water class designed to maintain & improve balance, strength & endurance.

**Gravity Strength:** These exciting classes incorporate stability balls, Bosu trainers, and our state of the art gravity machines. Focusing on total body strength & yoga/pilates core work. **PASS REQUIRED\*\***

**Kripalu Yoga** is for EveryBody. Through a series of stretches and postures, breath awareness and a relaxation, students will experience increased flexibility, strength, and peacefulness.

**Melt:** The MELT method is a form of restorative fitness that helps reduce chronic pain, reduces stress and helps rebalance & heal your body. **PASS REQUIRED\*\***

**Pilates:** Exercises in this class are based upon strengthening the "core" muscles while increasing flexibility in the legs, arms and smaller supporting muscle groups. This class focuses on breathing, flexibility, strength, and body awareness to lengthen, define and sculpt muscles. **PASS REQUIRED\*\***

**Pure Strength:** This class emphasizes the understanding and proper utilization of fundamental exercises necessary for YOUR body. You will learn simple body movements that will be supplemented with free weight, kettle bell, and resistance band training resulting in increased stability, mobility, and most importantly, strength.

**SilverSneakers Classic:** Move through a variety of exercises designed to increase muscular strength, range of motion & activities of daily living skills. A chair is available if needed for seated or standing support.

**SilverSneakers Circuit:** Increase cardiovascular & muscular endurance with a standing circuit workout. Strength work with hand-held weights, tubing, and a ball is alternated with aerobic choreography. Standing class.

**SilverSneakers Yoga Stretch:** Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

**SilverSneakers Splash:** SilverSplash offers fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

**Step & Sculpt:** Intervals of cardio & strength

**Tabata:** Interval training cycles of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

**Water Exercise for Arthritis:** This shallow-water exercise class is specifically designed for people with arthritis. The focus is on stretching and strengthening muscles without stressing the joints.

**Wet Workout:** This class utilizes the resistance of water in both deep and shallow water. Through the use of water fitness equipment you can increase cardio respiratory strength and endurance while maintaining joint flexibility.

**Vinyasa Yoga:** Focus on alignment with gentle steady flow. Gain strength, balance, and serenity as you experience this unique approach to the mind/body connection. **PASS REQUIRED\*\***

**Zumba:** A hip swinging, booty shaking fun way to a great total body workout. Incorporates salsa, samba, meringue, hip hop, and African rhythms.

**Zumba Gold :** The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

#### Register With Instructor

JAZZERCISE \$ 25.00 Enrollment Fee	1 Class \$10.00	\$45.00 Per Month EFT Only	\$95 \$88 mem 2 months unlimited
GOLDEN EAGLE KARATE	1 month \$70 \$65 mem	3 months \$195 \$175 mem	12 month \$670 \$595 mem

**JAZZERCISE :** Total body conditioning program that will have you looking & feeling great. Bring new energy to your life. Combines the art of jazz dance with the beat of today's hottest music to make it fun! In 2017, girls ages 16-21, may take classes these classes for free. Contact Renee Canestrari at 518-441-8253 for Info.

**KARATE:** A traditional martial arts class for the serious student. Open to all ten and older. Self defense and a great workout.

#### Group Exercise/Spin Age policy

Participants must be 13 and older to participate in group exercise classes. **Spin & Gravity age requirements are 16 and older.**

#### Pass Policy\*\*

**Pick up passes up to 30 minutes before class**

**\*\*Please be on time for class. Late arrivals may disrupt class and are unsafe. Instructor reserves right to refuse entry to anyone arriving late.**