

## Group Exercise Schedule April 25, 2021 to June 5, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM			SPIN (PATIO)		HIIT (PAVILION)	SPIN (PATIO)	

### REGISTRATION REQUIRED FOR ALL CLASSES.

PLEASE CLICK ON THE CLASS TO REGISTER FOR CLASSES STARTING APRIL 18TH.  
REGISTRATION OPENS ONE WEEK PRIOR TO THE CLASS START DATE.

8:30 AM	SPIN (4/25, 5/9, 5/16, 5/23) AUDITORIUM	AQUA MOVEMENTS (POOL)		SHA DEEP (POOL)		SPIN (PATIO)	HIIT/YOGA (PAVILION)
9:00 AM		SILVER SNEAKERS (AUDITORIUM)					
9:30 AM							
9:45 AM			AQUA MIX (POOL)	SHA DEEP (POOL)	AQUA MOVEMENT (POOL)	AQUA DEEP (POOL)	AQUA ZUMBA (POOL)
10:00 AM		YOGA (STUDIO)	SENIORS IN MOTION (AUDITORIUM)	CHAIR YOGA (AUDITORIUM)		SILVER SNEAKERS (AUDITORIUM)	
10:30 AM							
11:15 AM			GRAVITY (STUDIO)				
12:00 PM			ZUMBA (AUDITORIUM)				

No mats or equipment will be made available (other than spin bikes).

5:30 PM		YOGA (PAVILION)	CHISEL (PAVILION)	PILATES (PAVILION)	TABATA (PAVILION)		
		SPIN (PATIO)		SPIN (PATIO)			
		KICK BOXING (SENIOR CENTER)		BARRE BURN (STUDIO)			
6:00 PM					ZUMBA (STUDIO)		

Revised 4/16/21

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**Aqua Mix:** Low-intensity water class held in shallow water that mixes dance moves with water resistance to improve flexibility, balance, strength and endurance.

**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 Deep:** 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.

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

**Barre Burn:** A low impact, high intensity workout that combines the best of strength training in a fitness flow. Borrowing from dance, yoga, and Pilates, small isometric movements and high reps isolate muscle groups to tone and strengthen the entire body.

**Chair Yoga:** 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.

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

**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.

**Gentle Yoga:** This gentle class will take you through a series of intentional movements and postures with an aim at increasing flexibility, strength, and mindfulness.

**Gravity Strength:** These exciting classes incorporate the use of our state of the art gravity machines and your own body weight to give you a total body strength workout.

**Kickboxing:** Boost your metabolism with this high-energy kickboxing class that integrates kickboxing, functional strength and high-intensity training into a fun, challenging, full-body workout

**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.

**Silver Sneakers 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.

**Silver Sneakers 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.

**Spin:** The indoor/outdoor 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.

**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

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

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