

GROUP EXERCISE SCHEDULE (As of September 9th, 2019) 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			Cardio Sculpt-Demetreus Cycle Fit- Amanda	Cycle Fit Joe -P	Circuit - Charity	Cycle Fit Callee-P	
6:00 AM							
6:30 AM						Sunrise Yoga- Martha	
8:00 AM		Aqua Movement Jen M 8:15 Total Body Fitness Maryann	Cycle Fit - Jen M -P	SilverSneakers Splash Jen M -8:15am	Cycle Fit - Jen H.-P	Silver Sneakers Splash- Eileen 8:15am Cycle Fit-Jen M-P	CORE (30 min) - Amy
8:30 AM	Jazzercise \$ - Renee Cycle Fit- Amanda P	Jazzercise \$ - Renee				Jazzercise \$ - Renee	Chisel - Amy Jazzercise \$ - Renee Cycle Fit - Heather-P
9:00 AM		Wet Workout-TBD Cycle Fit- Eileen-P		Aqua Zumba - TBA Cycle Fit- Eileen P		Wet Workout-Maryann	Aquatic Zumba Lisette
9:30 AM		SilverSneakers Classic- Amy	Deep Water Fusion-Eileen Barre/Sculpt- Angie	Vinyasa Yoga - Noreen- P	Deep Water Fusion Eileen Barre/Sculpt-Angie	Bootcamp - Eileen	
10:00 AM		Vinyasa Yoga-Celena -P				SilverSneakers Circuit - Amy	
10:30 AM		Arthritis Class-Theresa	SilverSneakers Splash - Eileen SilverSneakers Circuit - Noreen	Arthritis -Theresa	SilverSneakers Splash - Eileen	Aqua Flow- Maryann	
11:00 AM						Gravity Strength Eileen-P	
11:30 AM			SilverSneakers Yoga - Kathleen	Gravity Strength-Eileen-P			
12:00 PM			Zumba - Emma		Zumba - Emma		
12:30 PM							
1:00 PM					SilverSneakers Classic - Emma		
2:00 PM							
5:00 PM	H.I.I.T.-Brandy						
5:30 PM		Yoga 4 EveryBODY - Jenn C	Chisel - Jillian Jazzercise \$ - Renee Cycle Fit - Jen M.-P	Pilates - Emer-P HIIT Express-Angie	Tabata - Amy Jazzercise \$ - Renee Cycle Fit - Joe-P	KICKBOXING Ariffa	
6:00 PM		Cycle Fit - Jen M.-P		Aquatic Bootcamp-Stacey HIIT Express-Angie Cycle Fit- Lisa P			
6:30 PM			20-20-20- Lisette	Pure Strength - Jon	Zumba - Stacey		
7:00 PM		H.I.I.T.-Eileen Wet Workout-Joan Golden Eagle Karate \$ (Self Defense)	Hatha Yoga-Mary Beth	M.E.L.T - Emer-P Wet Workout-Joan	Golden Eagle Karate \$ (Self Defense)		
7:30 PM		Modern Dance Fitness Maryann					

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

20-20-20: This class is 20 minutes of cardio, 20 minutes of strength and 20 minutes of Abs and flexibility.

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 Flow: Low-intensity water class held in shallow water and designed to maintain and improve flexibility, balance, strength and endurance. Created to benefit people with arthritis.

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

Barre/Sculpt: This class blends ballet, pilates, isometric holds, increase your strength, flexibility and balance using a chair and light weights.

Bootcamp: Something new each time. Speed Training, agility, balance, strength.

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.

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: An alignment-oriented yoga class that develops strength, balance, and flexibility. Emphasizes breathing (pranayama), movement, and static holding of asanas (postures). Use of props and modifications will be encouraged. Suitable for all levels of experience

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. Express: This is a half hour version of our H.I.I.T. class

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. **PASS REQUIRED****

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

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****

Modern Dance Fitness: This class will blend familiar fitness moves with movements and technique specific to the art of modern dance. It's expressive, athletic, and Fun! Suitable for beginners as well as those with experience.

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.

Sunrise Yoga: This class is an early morning yoga class. Great way to start your day!

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

Total Body Fitness: This class will keep you moving with low-impact cardio conditioning which incorporates resistance work, flexibility, balance, and exercises for your core and posture, for a complete head-to-toe workout.

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****

Yoga 4 EveryBODY: Multi-level class will explore the balance between effort and ease. Strengthen the body by sustaining more challenging postures at a moderate pace with poses designed to increase your balance, range of motion, and flexibility. Release tension in your neck, shoulders and spine with a series of gentle twists and rejuvenate tired muscles. Modifications will be offered as needed.

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. (canceled for now)

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.**