th		•	JULY	20	19	
		GROUP	EXER	CISE	SCHEDULE	
MONDAY	11:00am 11:00am 4:00pm 4:30pm 5:30pm 6:00pm	HIIT—Danielle Pilates—Heather 360 Body—Elyse Indoor Cycle—Morgan Low Impact Total Body—Heather HIIT—Catherine Indoor Cycle—Kim *Zumba®—Lora Outdoor Bootcamp (on field)—Brad	THURSDAY	10:00am	Indoor Cycle—Stacy V Indoor Cycle—Kjirsten Flow Yoga—S.J. Line Dancing—Kim (Youth Room) Yin Yoga—Nicole (90 min) HIIT—Morgan Body Sculpting Barre—Jill (30 min) Express Abs—Jill (30 min) POUND®—Lauren (45 min) Indoor Cycle—Kendra	
	7:00pm 5:30am	Yoga—Myrna Indoor Cycle—Stacy V.		6:00pm 7:00pm	Pilates—Vivian	
	8:00am 9:10am	Yin Yoga—Raquel *POUND®—Jill/Elyse	A	5:30am 9:00am	HIIT—Hope/Crystal Pilates—Shonda	
ESDAY		Indoor Cycle—Dixie Hip Hop Yoga—SJ Yin Yoga—Heather F. (90 min) POUND®—Lauren (30 min)	FRIDA	11:00am	360 Body—Elyse Low Impact Total Body—Heather Indoor Cycle—Kim Outdoor Bootcamp (on field)—Brad	
TUE	4:45pm 5:30pm 6:00pm 7:00pm	Express Strength—Lauren (40 min) *Zumba®—Amber Indoor Cycle—Jenna Beth PIYO—Vivian	IRDAY	8:15am 9:00am 9:30am 10:00am	Indoor Cycle—Anneka Body Sculpting BARRE—Jill Yoga Sprouts—Rachel (Ages 3–6) POUND®—Jill	
1	5:30am 6:00am 9:00am	HIIT—Danielle Yoga—Steve (Mat Room) Total Body Pilates—Elyse	SATURD	10:00am 10:00am	Cardio Bag Class—Donarell Yoga Sprouts—Rachel (Ages 7-12) Pilates—Blake	
VEDNESDA	10:00am 11:00am 11:00am 4:30pm 5:30pm	Body Sculpting BARRE—Jill Low Impact Total Body—Tiffanie Indoor Cycle—Morgan Beginner Indoor Cycle—Kim Triple Fit—Jane	SUNDAY	1:15pm 3:00pm 4:00pm	Yoga-Revive, Relax, Restore—Patrick Core & Stretch—Anneka Indoor Cycle—Sandi	
>	3.30hii					

6:00pm

6:30pm

7:15pm

Outdoor Bootcamp (on field)—Brad

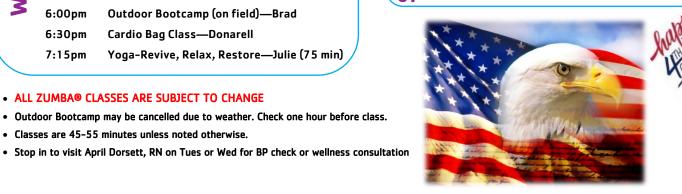
• Outdoor Bootcamp may be cancelled due to weather. Check one hour before class.

Yoga-Revive, Relax, Restore—Julie (75 min)

Cardio Bag Class—Donarell

ALL ZUMBA® CLASSES ARE SUBJECT TO CHANGE

• Classes are 45–55 minutes unless noted otherwise.



CLASS DESCRIPTIONS



Yin Yoga: A relaxing mat class for all levels. Yin Yoga targets the connective tissues for an extended period of time allowing the release of deep tension and stress.

Yoga: Build endurance, flexibility, and become more aware of body alignment using various poses.

Yoga-Revive, Relax, Restore: A mindfulness based yoga practice that incorporates slowing down traditional vinyasa poses and breathing deeply.

Yoga Sprouts: Fun and playful poses and breathing exercises for children. Helps develop physical strength and flexibility, refine motor skills, improve concentration, and cultivate confidence and self-esteem.



Core & Stretch: Focusing on core strength & stretching to improve flexibility

Express Abs: Exercises for core strength

Line Dancing: Learn choreographed dance routines step by step.

Low Impact Total Body: Cardio segments using weights, bands, physio-balls and the body's own resistance.

Pilates: Mat class focusing on core control and strength

PiYo: Inspired by the mind/body practices of yoga and Pilates as well as the principles of sports stretch, strength training, conditioning and dynamic movement.

Total Body Pilates : Take Pilates a step further by adding weights and ball exercises.

Triple Fit: A combo class consisting of two cardio segments (step, hi-lo, kickboxing) and strength training.

Aqua Tabata: A high intensity interval training with the properties of water. Periods of high intensity exercise are followed by short periods of rest.

Body Sculpting Barre: Train and tighten all regions of the lower body and core. This class will also incorporate weights.

Cardio Bag Class: Combination of boxing, martial arts techniques and cardio to sculpt a whole new body (**BRING YOUR OWN GLOVES**)

Express Strength: Tone your body using weights and other equipment for strength and endurance.

Flow Yoga: The instructor will guide you from one pose to the next, following your breath bringing an inner aliveness into your body, mind and spirit.

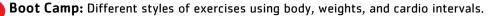
Hip Hop Yoga: Upbeat flow yoga with fun energetic music. This is not a dance class.

Indoor Cycle: A unique indoor cycling experience using stationary cycles with music and visualization to inspire a great workout. A non-impact class designed for all fitness levels.

POUND (8: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming.

Zumba®: A fusion of Latin and international music. Routines feature aerobic/fitness level training with a combination of fast and slow rhythms to tone and sculpt the body. Limit of 40 participants per class.

360 Body: Working the total body with interval training that includes using weights, the body's own resistance, bands, and physioballs.



HIIT: Cardio training using weights, bands and your own body's resistance.