

GROUP EXERCISE SCHEDULE DECEMBER

Schedule begins Dec. 1st and is subject to change.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Please wait until classes are finished to enter the aerobics room.	5:30-6:30 HIIT Quentin 2-3	5:30-6:30 Cardio Interval Mary- 2	5:30-6:30 Interval Julla 2-3	5:30-6:30 HIIT Quentin-2-3	5:30-6:30 Cardio Interval Mary - 2		
	8:00-9:00 Yoga Ginnie 1	8:00-8:45 Yoga Sally 1-2	8:00-9:00 Yoga Ginnie 1	8:00-9:00 Yoga Sally 1-2	8:00-9:00 Yoga Ginnie 1	8:30-9:45 Boot Camp Jenny 3	
	9:15-10:15 Interval Kelly 2-3	9:15-10:15 Cardio Strength Jenny 2-3	9:15-10:15 Interval Kelly 2-3	9:15-10:15 Tabata Denice 2-3	9:15-10:00 *Barre/TRX Body Sculpt Denice 2-3	10:00- 10:55 Kickboxing Jeff 2-3 8,15,29	
Barre/TRX CLASS FEE	10:30-12:00 Yoga Sally 1-2	10:30-11:30 Fit over Fifty Denice 1	10:30-12:00 Yoga Sally 1-2	10:30-11:30 Fit over Fifty Judy 1	10:30-11:30 Fit over Fifty Denice 1	11:00-11:55 Yoga Laura 1-2	
Children are not allowed in the aerobics room without supervision.	12:15-1:15 Senior Shape up Betsy 1		12:15-1:15 Senior Shape up Betsy 1	12:00-1:00 Line Dance Lynn 1			
Remember, the healthy habits you and your family practice today, will benefit everyone in the future. If children see you being physically active and having fun, they are more likely to be active throughout their lives.	4:30-5:00 Sculpt Katy 2-3	4:30-5:25 Strength Quentin 2-3	4:45-5:15 HIIT Jessie 2-3	4:30-5:15 Sculpt Katy 2-3	4:30-5:30 Zumba Jennifer 1-2		1:30-2:30 Yoga Ginnie 1
	5:30-6:25 Strength Glna 2-3	5:30-6:25 Kickboxing Jeff 2-3	5:30-6:30 Strength Glna 2-3	5:30-6:25 Kickboxing Jeff 2-3			
	6:30-7:30 Yoga Laura 1	6:30-7:30 Pilates Martha 2	6:35-7:30 Zumba Jennifer 1-2	6:35-7:30 Vinyasa Yoga Laura 1-2			
Bikes are first come, first serve basis.	INDOOR CYCLING SCHEDULE						
Helpful Hints: You control the resistance, speed, and intensity. Please inform the instructor if you are new so that she/he can set you up appropriately.	9:00-10:00 Energy Zone Julla	9:00-10:00 Sprint Zone Lisa	9:00-10:00 Spinterval Denice	4:30-5:15 Sprint Zone Emily	9:00-10:00 Energy Zone Jenny	9:30-10:30 Endurance Lisa	
Extra padded	5:30-6:30pm Power Hour Kelsey	5:30-6:30 Endurance Emily	5:30-6/6:05-6:35- Set 1 & Set 2 Power 30 Jeff	5:30-6:25 Power Hour Kelsey	5:30- 6:30 Endurance Rick	8:10-8:40 Power 30 Jeff 8,15,29	

SENIOR SHAPE UP – light to moderate strength and conditioning. Safely use weights, increase balance and mobility in a comfortable environment.

TRX- Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the **TRX** Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

HIIT/Circuit – High intensity interval training combined with a circuit format. 30 minutes will get you in and out with the max results.

HOLY YOGA- offers scriptural meditation, breath work and movement that combine Hatha - style yoga with a Christ honoring experience. Develops, strength, flexibility and balance. All levels.

Vinyasa Yoga -The movement is aligned and linked with the breath so that you move with each inhale and exhale. **Vinyasa**-style **yoga** classes are ones where there is a dynamic flow from posture to posture.

Devotional Yoga- is a spiritual path or spiritual practice within Hinduism focused on loving **devotion** towards a personal god. It is one of the paths in the spiritual practices of Hindus, others being Jnana **yoga** and Karma **yoga**. The tradition has ancient roots.

BOOT CAMP – This class uses both indoor and outdoor resources to build strength and endurance. Challenge and teamwork will make you want to come back for more!

FIT OVER FIFTY - Workout geared to strengthening the core, build muscle and endurance. Class includes light and very low impact cardio, weight training, core training, and essential stretching. Not fifty? No problem! Come join the fun!

CARDIO/INTERVAL - A class that has periods of high intensity and periods of low intensity. The class format consists of intervals of step aerobics and weights.

TABATA – Each exercise performed for 20 seconds maximum effort, 10 second breaks

R.I.P.P.E.D - This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.--- Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

KICKBOXING - Work to improve your overall fitness by combining aerobics drills, punching and kicking.

YOGA - Appropriate for beginners as well as intermediate and advanced who want to focus on the foundations of yoga posture and alignment.

STRENGTH - Intense workout that will build strength, stamina, and lean muscle simultaneously. Improve movement skill and body awareness. Decrease body fat levels through high levels of energy expenditure. All levels of fitness can do it!!!

YOGA FUSION- A blends of traditional yoga and Pilates. You will increase your strength and flexibility. Also improve your balance and alignment.

PILATES - An exercise method that works the core muscle group to develop strength, improve posture and body awareness, increase flexibility, and improve muscle imbalances.

Line Dance –“Urban” line dance is a class that incorporates music and movement inspired by rhythm and blues, classic soul, jazz zydeco and hip hop music. All ages and gender are welcome!!

Energy Zone- An energy packed ride designed to keep you motivated and challenged. A wide array of music hits with speed jumps and resistance climbs will inspire you to ride your way to a leaner body!

Power 30- Intense energetic 30 full body cycle workout. Get lean and defined in 30 minutes!

Sprint Zone- Enhance your endurance and performance levels. This class will include sprint intervals and jumps. Have fun transitioning in and out of the saddle!

The Ride- This is an all level class. You will increase your cardiovascular capacity by combining endurance climbs, interval training and cadence control. The Ride will help maintain your endurance year round!

Endurance- Challenge your whole body and build your endurance with sprints, jumps and climbs while feeding your soul with music as your motivator.

Power Hour- 60 minutes of jumps, sprints and climbs designed to build strength and improve cardiovascular health

Spin 101- This is a 45 minute introductory class. Our Instructor will provide detailed information on bike set-up, pace, proper cadence and tension, and other key concepts to help participants get the best out of a spin class.

Spinterval- Combines all the various aspects of riding out on the road in intervals that include: sprints (at varying intensities); standing/seated climbs (at varying intensities); seated hovering (using the “aero bars” in the center of the handle bar); jumps and tempo riding. This class will combine the imagery of taking an “imaginary ride” in the midlands with drills in the cycle room.