



Fall Group Exercise Schedule September 6-October 31

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45AM	Biker Blast upstairs JOY HITT FIT FOR ALL GYM Kathy	HIIT BOOTCAMP Paige ROUSE	Biker Blast upstairs JOY HITT FIT FOR ALL GYM Kathy	HIIT BOOTCAMP Paige Rouse	Biker Blast upstairs JOY HITT FIT FOR ALL GYM Kathy
7:00am		Yoga Strength Joy		Yoga Strength Joy	
9:30AM	Senior Fit Crissie		Senior Fit Crissie		Senior Fit Crissie
12:10pm	Power Lunch Biker Blast/Strength	Yoga	Power Lunch Biker Blast/Strength	Yoga	
4:15-5:15					
5:30pm	Strength and Conditioning Tatum	Cycle Fusion Paige	Strength and Conditioning Tatum	Cycle Fusion Paige	
6:30pm	Zumba Will begin Sept 12		Zumba		

CLASS DESCRIPTIONS ON BACK

****All classes can be modified to any fitness level

****Participants should consult their physician before starting any
Fitness program. Zumba will begin September 12th.

Biker Blast- This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

Yoga Strength- A more strenuous yoga that will strengthen your core muscles while giving you a deep stretch to help relax and rejuvenate your muscles. All fitness levels welcome and encouraged to attend.

HIIT BOOTCAMP- A non-stop, powerhouse workout using intervals to combine full body strength training with intense cardio bursts. Guaranteed to burn calories and get your heart pumping

Senior Fit- This low impact class combines cardiovascular fitness and strength with balance and flexibility to help participants stay fit with minimal impact on the joints. All fitness levels welcome and encouraged to attend.

Power Lunch: Biker Blast/Strength: Spend your lunch getting in a great workout. This high energy, low impact workout on a stationary bike and is combined with strength training led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride and lift to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

CYCLE FUSION (1 full hour calorie killer class)- Get it all done in one stop! Embark in the fast-paced, sweat fest of indoor cycling and get a great strength and conditioning workout.

HITT Class for ALL (gymnasium)- Every class is different to keep you coming back. M & F classes consists of five ten-minute segments of strength, cardio, and conditioning. On Wednesday we change it up with two twenty-minute segments of pure sweat with a ten-minute abs segment to end the class.

Strength and Conditioning This class is an aerobic and strength conditioning workout class. This class includes weight training, cardio exercise, bodyweight exercises, and finishes with core training and stretching for a complete workout. Weights Improve the strength of your heart and body in this combination class.

Zumba Join the party! Zumba™ is a fusion of Latin and international music and dance that creates a dynamic, exciting, effective cardio workout. These fun, easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance.