



# September Group Exercise Schedule

**\*\*\*\*Please note due to limited instructors we will be adding more night classes in October\*\*\*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45AM	<b>Biker Blast</b> upstairs JOY <b>Strength N Tone</b> Gym	<b>BODY BLITZ</b> Paige	<b>Biker Blast</b> upstairs JOY <b>Body Flow</b> Jody Gym	<b>BODY BLITZ</b> Paige	<b>Biker Blast</b> upstairs JOY
7:00am		<b>Yoga Strength</b> Joy		<b>Yoga Strength</b> Joy	
8:30		<b>Interval Strength</b>		<b>Interval Strength</b>	
9:30AM	<b>Senior Fit</b> Crissie		<b>Senior Fit</b> Crissie		<b>Senior Fit</b> Crissie
12:10pm		<b>Yoga</b> Ilene/Emily		<b>Yoga</b> Ilene/Emily	
5:30pm	<b>Strength and Conditioning</b> Tatum		<b>Strength and Conditioning</b> Tatum		
6:30pm					

\*\*\*CLASS DESCRIPTIONS ON BACK\*\*\*

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

\*\*\*\*Participants should consult their physician before starting any Fitness program.



**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.

**BODY BLITZ** Start your morning out with a high-intensity group fitness class that will have you doing a range exercises to get different muscle groups working, especially your arms and core, and strengthen your body as you go. This fast-paced, barbell-based workout class is specifically designed to help you get lean, toned and fit. This class will begin with a bang and end with a stretch that will get you ready for the day.

**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. **(Will Start Up Again in October)**

**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.

**Strength N Tone-** Start your week out with a class that will get your muscles burning. This class will be a boot camp style class with weights, bands, and core. This class is designed to help you get lean, toned and fit.

**Body Flow-** combines the traditional mind-body principles of yoga, Tai Chi, and Pilates. This yoga-inspired workout is complete with calming music, and allows you to build strength and flexibility through the use of your own body weight.