

GROUP X

CLASS SCHEDULE



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
STRETCH YOGA 8-9 AM	AB SCULPTING 6-7 AM	STRETCH YOGA 8-9 AM	AB SCULPTING 6-7 AM	STRETCH YOGA 8-9 AM	EXTRA, EXTRA 9-10:30 AM
WATER TRIM 9:15-10:15 AM	SENIOR DANCE FITNESS 10:45-11:45 AM	WATER TRIM 9:15-10:15 AM	SENIOR DANCE FITNESS 10:45-11:45 AM	WATER TRIM 9:15-10:15 AM	<u>Sunday</u>
TOTAL BODY 9:15-10:15 AM	SPIN 12-1 PM	TOTAL BODY 9:15-10:15 AM	SPIN 12-1 PM	TOTAL BODY 9:15-10:15 AM	BOXING 2-3 PM
SENIOR BALANCE 10:30-11:30 AM	YOGA FLOW 6-7 PM	CIRCUIT TRAINING W/ TRX 11:45-12:45 PM	YOGA FLOW 6-7 PM	CIRCUIT TRAINING W/ TRX 11:45-12:45 PM	
BOXING 5:15-6:15 PM		NO EXCUSES 5:30-6:15PM			
NO EXCUSES 5:30-6:15PM		TOTAL BODY 6:15-7 PM			
TOTAL BODY 6:15-7 PM					

Pricing for Group X Classes:

- \$75 for unlimited classes for 3 months
- \$40 Punch Pass for 15 classes
- \$4 drop-in fee to take one class

Senior discounts will be applied for anyone over the age of 50.

CLASS	AEROBICS STUDIO	FREE ZONE #2	FREE ZONE #1	INDOOR POOL	BASKETBALL GYM
LOCATION	2ND FLOOR	1ST FLOOR	1ST FLOOR		

Ab Sculpting Class

This class is perfect for your busy schedule! It's a powerful 60-minute workout routine that focuses on the abdominals and lower back muscle endurance. It's great for all levels! An energizing class that will get you moving, sweating and back to your routine in 60 minutes. This class is excellent not just to strengthen your core, but also to have great posture.

Box & Burn

Boxing circuits are set up to offer participants a variety of exercises and easy-to-follow boxing drills. This 60-minute class will give you a great cardio and strength workout. Begin with 15-minute calisthenics warming up with calisthenics. Once your heart is pumping you will be training to 3-minute rounds that include basic boxing combinations following a 1-minute active rest. The last 15-minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

Chogaflow

Chogaflow is a unique chair yoga practice, done both seated and standing, integrating breath with movement. You will enjoy the many benefits of a traditional yoga practice without ever having your knees touch the floor. Join Valerie Rogers, the creator of Chogaflow, as she guides you through a fun, easy-to-follow, safe journey of self exploration. Experience increased vitality, strength, flexibility, and balance. Modifications are offered.

Circuit Training with TRX

This circuit training session features TRX equipment for high intensity, powerful movements at faster tempos. The first 15-minutes will be an introduction to TRX or a warm up. Then we use timed intervals combining TRX and cardio drills. We guarantee to keep your heart rate up and make sure you burn mega calories while you engage in intense body conditioning.

Extra, Extra

If you are looking for a class to even out your workout schedule, Extra, Extra is perfect for you. Join us for a Saturday morning full of muscle toning and heart racing interval training.

No Excuses

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

Senior Dance Fitness

Bored with the treadmill? Need a new way to stay in shape? Try out senior dance fitness. There is absolutely no experience required to take class.

Senior Balance

Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles. Class size is designed for ages 50 and older.

Spin

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

Stretch Yoga

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right because it is great for your mind and body.

Total Body

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. Total Body is a perfect way to add a little variety to your workout routine.

Water Trim

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, as well as upper body and abdominal strengthening.

Yoga Flow

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind.