



2020 GROUP EXERCISE SCHEDULE

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>6:15a-7a Movers and Shakers (Rose)</p> <p>9:05a-9:50a Deep Water Fitness (Crystal)  ◆</p> <p>9:15a-10a Kettlebells (Carrie)</p> <p>10:05a-10:50a Water Fitness for Health (Crystal)  ◆</p> <p>1:00p-1:45p Senior Splash (Joy)  ◆</p> <p>5:30p-6:15p Kettlebells (Brandi)</p> <p>5:30p-6:15p Kid's Fit (Allen)</p> <p>6:30p-7:30p Zumba (Julie)</p>	<p>5:45a-6:45a Yoga All Levels (Bill)</p> <p>9:15a-10a Cycling (Carrie)</p> <p>9:30a-10:15a Silver Zumba (Julie)</p> <p>12:15p-1p Cycling (Brandi)</p> <p>6p-6:45p Boot Camp (Heather)</p> <p>7p-7:45p Yoga All Levels (Rob)</p>	<p>5:45a-6:30a Cycling (Kelly/Carrie/Brandi)</p> <p>6:15a-7a Movers and Shakers (Rose)</p> <p>9:05a-9:50a Deep Water Fitness (Crystal)  ◆</p> <p>9:15a-10a Kickboxing HiiT (Misty)</p> <p>10:05a-10:50a Water Fitness for Health (Crystal)  ◆</p> <p>1:00p-1:45p Splash (Joy)  ◆</p> <p>6:30p-7:30p Zumba (Julie)</p>	<p>5:45a-6:45a Yoga All Levels (Toni)</p> <p>9:15a-10a Cycling (Kelly)</p> <p>6:00p-6:45p Boot Camp (Heather)</p> <p>6:15p-7p Cycling (Brandi)</p> <p>6:00p-6:45p Yoga All Levels (Murielle)</p>	<p>9:15a-10a Kettlebells (Brandi)</p> <p>10:30a-11:15a Silver Sneakers® Classic (Brandi)</p>
<p>All classes can be modified for individual needs if the instructor is made aware prior to class. Kid's Fit is designed for children ages 6 to 12. Members age 11 may participate in group exercise classes when accompanied by a parent or guardian. Members age 12 and up may participate unaccompanied. Height requirement for 11 and 12 year old participants in group cycle classes is 54 inches and participant must demonstrate the ability to comfortably work through an entire pedal stroke as judged by the instructor.</p>				<p><u>Saturday</u></p> <p>9:15a-10a Cycling (Misty/Brandi/Kelly)</p> <p>9:15a-10:00a Bootcamp (Brandi- 11/7, 11/14, 11/28)</p> <p>10:05a- 11:05a Yoga Foundations (Rob/Murielle)</p> <p>10:15a-11:00a (Brandi- 11/21)</p> <p>11a-11:45a Zumba (Julie)</p>
				<p> WATER AEROBICS</p> <p> BABY-FRIENDLY</p> <p> Registration Required</p>



EXERCISE CLASS DESCRIPTIONS

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Yoga

Yoga All Levels: In Vinyasa Flow, postures are connected through breath for a transformative, balancing effect. Classes build endurance, flexibility, and strength. Instructors inspire physical, energetic, mental and intuitive states of consciousness.

Yoga Foundations: Covers alignment principles and foundations so the student learns how their body moves through the physical yoga postures. No previous experience necessary.

Cycle

The bike allows you to select your own resistance level while the instructor is there to challenge and encourage you. Group cycling is a great cardiovascular workout that will revitalize your personal fitness program.

Kid's Fit

Our Kid Fitness classes are open to all kids ages 6—12 and are designed to introduce exercise in a FUN way. Participants can improve cardio endurance, speed and strength through all kinds of fun activities!

Floor Exercise

Boot Camp: Challenging, high-intensity whole-body workout focused on building strength and endurance through a variety of different exercises.

Kettlebells: Known as bowling balls with handles, kettlebells burn fat, build lean muscle, increase range of motion and flexibility, improve overall conditioning and stamina.

Kickboxing HiIT: A high intensity cardio class that will focus on metabolic conditioning through kickboxing, weights and a variety of other exercises.

Movers & Shakers: An early morning exercise smorgasbord using kettlebells, stability balls, medicine balls, step aerobics, resistance bands, core work and old favorites.

SilverSneakers® Classic: Class designed to increase muscular strength, range of movement and improve daily living skill activities.

Silver Zumba: This seated class combines muscle toning moves from Latin and International dances to create an exhilarating workout. You will have so much fun, you will forget you are working!

Zumba: Dance routines with fast and slow rhythms tone and sculpt the body! The class is set to a fusion of Latin and International music that will keep you moving!

Water

Water Fitness for Health: A combination of cardiovascular and strength training exercises to provide a fun and invigorating workout. Upper and lower body strengthening exercises complete this total body workout. The evening class may use the deep end of the pool at times.

Deep Water Fitness: Our most cardio-intensive water exercise class. This class includes full-body movements such as swimming, jogging, and running and using resistance barbells. Try this class for the ultimate water exercise challenge!

Splash: Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special kickboard can be used to develop strength, balance, and coordination.

**NOW IS A GREAT TIME TO TRY A NEW CLASS!
OUR INSTRUCTORS ARE HERE TO HELP!**

