



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Campanelli Group Fitness Schedule

10/05/26 - 10/10/26

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6:00 AM		HIIT 6:15-6:45AM Jess		HIIT 6:15-6:45AM Jess		
8:00 AM	Total Body Conditioning 8:00-8:45AM Linette		Total Body Conditioning 8:00-8:45AM Linette			
9:00 AM	Zumba 9:00-10:00AM Linette	SilverSneakers 9:00-9:45AM Gladys	Zumba 9:00-10:00AM Jane/Linette	SilverSneakers 9:00-9:45AM Gladys	Zumba 9:00-10:00AM Linette	
10:00 AM	SilverSneakers 10:15-11:15AM Linette	PiYo 10:00-11:00AM Pranava	SilverSneakers 10:15-11:15AM Linette			
11:00AM		Yoga for Everyone* 11:15AM-12:15PM Pranava	Pilates w/Stability Ball 11:30AM-12:30PM Pranava			
12:00 PM		Chair Pilates 12:30-1:30PM Pranava				
1:00 pm						
4:00 PM			Yin Yoga 4:30-5:30PM Pranava	Butts & Guts 4:30-5:00PM Linette		
5:00 PM	HathaYoga* 5:45-6:45PM Gini	Cycle 5:30-6:30PM Charles Hatha Yoga* 5:45-6:45PM Gini	Zumba 5:45-6:45PM Linette	Total Body Conditioning 5:15-6:00PM Linette		
6:00 PM	Zumba 6:50-7:50PM Linette			Cycle Vibe 6:15-6:45PM Jess		

*Classes that are additional costs.
All cycle classes are held in the Cycle Room.
Class schedule is subject to change.

Breathe & Chair Yoga

A gentle class combining breathing techniques with yoga poses performed primarily from a chair. Designed for all fitness levels, older adults, or anyone looking for a gentle approach to movement. Yoga blocks and straps may be used to support stretching and mobility.

Butts & Guts

Strengthen and tone your lower body and core with a dynamic workout focused on the glutes, legs, hips, and abdominal muscles. This class combines functional strength exercises, targeted muscle work, and core training using a variety of equipment and movement patterns.

Chair Pilates

Experience the benefits of Pilates with exercises modified to be performed primarily from a chair. Stretch bands and Pilates rings may be used to support alignment, improve movement efficiency, and add challenge. Standing exercises may also be incorporated with chair support as needed to help improve core strength, posture, mobility, and body awareness.

Chair Yoga

A gentle yoga class designed to accommodate all mobility levels. Seated and standing poses with chair support are used to improve flexibility, balance, strength, and body awareness. Each class concludes with seated relaxation to help the body and mind unwind.

Cycle

Get your heart pumping with an energizing indoor cycling workout designed to improve cardiovascular endurance and build lower-body strength. Ride through a variety of speeds, resistance levels, and cycling intervals while working at your own pace.

Cycle Vibe

Turn up the music and ride to the vibe! Cycle Vibe is a fun, dance-inspired cycling class featuring a mix of speeds, rhythms, and energetic movement. Whether you're pushing the pace or settling into the beat, you'll get a great cardio workout while having a blast. Come ready to ride, move, and vibe!

Hatha Yoga

A traditional yoga class focused on alignment, breathing, and holding postures to build strength and flexibility. Yoga blocks, straps, and exercise balls may be incorporated to support movement and enhance the practice.

HIIT

Get ready to sweat with High-Intensity Interval Training (HIIT)! This dynamic workout alternates short bursts of higher-intensity exercise with periods of recovery, combining cardio and strength training to challenge your entire body. Adjust the intensity, weights, and pace to fit your fitness level while building strength, improving endurance, and getting a fun, energizing workout.

Pilates with Stability Ball

Build strength, improve flexibility, and challenge your balance with a Pilates workout using a stability ball. This class incorporates foundational Pilates principles such as alignment, lengthening, balance, and fluid movement, with a focus on core strength and stabilization. The stability ball adds a fun and playful element to the workout, making every class an engaging experience.

PiYo

A full-body workout combining elements of Pilates and yoga to build strength, improve flexibility, and enhance balance and body awareness. A variety of props may be incorporated to add challenge and support how the body moves. Suitable for all fitness levels, with a chair available as needed.

Silver Sneakers

An active aging class (55 and up) incorporating seated and standing exercises to improve strength, coordination, balance, and overall fitness. A variety of equipment may be used, including bands, sticks, foam rollers, Pilates balls and rings, exercise balls, and weights. Modifications are provided throughout the class to accommodate individual fitness needs.

Total Body Conditioning

A full-body strength and conditioning workout designed to build strength, improve endurance, and challenge your entire body. This class combines resistance training, functional movements, and cardio intervals using a variety of equipment and exercises.

Yin Yoga

Slow down, breathe, and relax with a gentle yoga practice focused on posture, breathing, and relaxation. This class uses primarily seated and lying-down poses that target areas such as the hips, pelvis, and lower back. Poses are held for several minutes, allowing the body to gradually relax into each stretch while promoting flexibility and releasing tension.

Yoga For Everyone

A gentle approach to Hatha yoga designed for all fitness levels. Slow, controlled postures and deep breathing promote relaxation while helping improve flexibility, balance, and body awareness. Each class ends with relaxation to help the body and mind unwind.

Zumba

Turn cardio into a party with simple, repeatable dance moves set to global music. Zumba® provides an energizing cardiovascular workout while helping you build endurance and have fun. No dance experience required, and modifications are available.