

2020 SESSION WINTER II

FEBRUARY 23 - APRIL 18, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get Started Combo 6:30 am - 7:00 am Studio 2 Anne	Morning Madness Combo 7:30 am - 8:00 am Studio 2 Kathy	Get Started Combo 6:30 am - 7:00 am Studio 2 Anne	Morning Madness Combo 7:30 am - 8:00 am Studio 2 Kathy	Get Started Combo 6:30 am - 7:00 am Studio 2 Anne	Spin* Indoor Cycling 8:00 am - 8:45 am Studio 1 Tiffany	Vinyasa Yoga Mind & Body 8:30 am - 9:45 am Studio 1 Amy
Drums Alive Rhythm & Dance 8:00 am - 9:00 am Studio 2 Jessica	Tai Chi Mind & Body 8:15 am - 8:45 am Studio 2 Kathy	Kickboxing for All Combo 8:00 am - 9:00 am Studio 1 Jessica	Tai Chi Mind & Body 8:15 am - 8:45 am Studio 2 Kathy	Deep Stretch Flexibility 9:00 am - 9:45 am Studio 1 Jim	Stretch Flexibility 8:50 am - 9:20 am Studio 1 Tiffany	
BLAST Strength 9:15 am - 9:55 am Studio 2 Tiffany	Spin* Indoor Cycling 9:15 am - 10:00 am Studio 1 Tiffany	Total Body Tabata Combo 9:15 am - 10:00 am Studio 1 Tiffany	Spin* Indoor Cycling 9:15 am - 10:00 am Studio 1 Tiffany	Cardio Blitz Cardio 9:15 am - 9:55 am Studio 2 Kelli	Body Pump Combo 9:00 am - 10:00 am Studio 2 Ateja	
Pound Fit Rhythm & Dance 9:30 am - 10:00 am Studio 1 Kelli	Silver Sneakers Circuit Active Older Adult 9:30 am - 10:15 am Studio 2 Kelli	Pound Fit Rhythm & Dance 9:30 am - 10:00 am Studio 2 Kelli	Silver Sneakers Circuit Active Older Adult 9:30 am - 10:15 am Studio 2 Kelli			
Beginners Zumba Rhythm & Dance 10:00 am - 10:30 am Studio 2 Kelli	Half Hour of Power Combo 10:05 am - 10:35 am Studio 1 Tiffany	Spin Express* Indoor Cycling 10:05 am - 10:35 am Studio 1 Tiffany	Stretch Flexibility 10:05 am - 10:35 am Studio 1 Tiffany	Beginners Zumba Rhythm & Dance 10:00 am - 10:30 am Studio 2 Kelli	Yoga Mind & Body 10:05 am - 11:05 am Studio 1 Gini	Yin Yoga Mind & Body 10:00 am - 11:15 am Studio 1 Megan
Core N More Strength 10:05 am - 10:35 am Studio 1 Tiffany	Silver Sneakers Circuit Active Older Adult 10:25 am - 11:00 am Studio 2 Kelli	Zumba Gold Rhythm & Dance 10:15 am - 11:00 am Studio 2 Kelli	Silver Sneakers Circuit Active Older Adult 10:25 am - 11:00 am Studio 2 Kelli	Core N More Strength 10:05 am - 10:35 am Studio 1 Tiffany	Zumba Dance & Rhythm 10:15 am - 11:15 am Studio 2 Caryn	
Zumba Gold Rhythm & Dance 10:30 am - 11:15 am Studio 2 Kelli		Yoga Mind & Body 10:45 am - 11:45 am Studio 1 Gini		Zumba Gold Rhythm & Dance 10:30 am - 11:15 am Studio 2 Kelli	Yoga with Kasia starts March 8th	Yoga Mind & Body 11:30am - 12:30 pm Studio 1 Kasia
Silver Sneakers Yoga* Active Older Adult 11:25 am - 12:25 am Studio 2 Kelli		Silver Sneakers Yoga* Active Older Adult 11:15 am - 12:15 am Studio 2 Kelli		Silver Sneakers Yoga* Active Older Adult 11:25 am - 12:25 am Studio 2 Kelli		
	Fit Fun for Kids! ** 1 st - 4 th Graders 4:00 pm - 4:30pm Studio 2 Tiffany					
	Parkinson's Exercise Course 4:00 pm - 5:00 pm Studio 1 Tim		Parkinson's Exercise Course* 4:00 pm - 5:00 pm Studio 1 Tim			
Yoga Mind & Body 5:30 pm - 6:25 pm Studio 1 Gini	Spin* Indoor Cycling 5:30 pm - 6:25 pm Studio 1 Tim	Yoga Mind & Body 5:30 pm - 6:25 pm Studio 1 Gini	Spin* Indoor Cycling 5:30 pm - 6:25 pm Studio 1 Tim	Yoga Mind & Body 5:30 pm - 6:25 pm Studio 1 Kasia		
Body Pump Combo 6:30 pm - 7:30 pm Studio 2 Atije	Zumba Rhythm & Dance 6:30 pm - 7:30 pm Studio 2 Caryn	Zumba Toning Combo 6:30 pm - 7:30 pm Studio 2 Jacquie	Body Pump Express Combo 6:15 pm - 7:00 pm Studio 2 Jaime	Yoga with Kasia starts March 6th		
Yoga Mind & Body 7:00 pm - 8:00 pm Studio 1 Kasia		MixedFit Rhythm & Dance 7:30 pm - 8:00 pm Studio 2 Jacquie	Deep Stretch Flexibility 6:35 pm - 7:35 pm Studio 1 Jim			

Class Types

- Cardio-** A series of aerobic moves used to increase heart rate.
- Strength-** Uses free weights, barbells, resistance bands or bodyweight to increase strength & muscular endurance.
- Combo-** Cardio & Strength in one!
- Rhythm & Dance-** Uses rhythm and coordination to achieve fitness goals.
- Mind & Body-** Uses techniques designed to enhance the mind's positive impact on the body.
- Indoor Cycling-** Cardio conditioning by riding a stationary bike to music.
- Flexibility-** A series of stretches used to increase flexibility.
- Active Older Adult-** Designed for our Silver Sneaker members.
- Parkinson's Exercise Course-** Registration required. See Healthy Living Director for details.

*Class sizes are limited. Silver Sneakers Yoga limited to 30 participants. Spin limited to 14 participants.

**Parents must stay in the facility for the duration of Fit Fun for Kids! class. NO CLASS MARCH 24TH (Spring Break)