

# WINTER GROUP FITNESS SCHEDULE

## January 5th until April 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Code Red 5:45-6:30 Cody Gym	Cycle 45 5:45-6:30 Ann Studio 2	Code Red 5:45-6:30 Cody Gym	Cycle 45 5:45-6:30 Ann Studio 2	Code Red 5:45-6:30 Cody Gym	Zumba 9:00-10:00 Lisa Marie Studio 2	
Back to Basics 8:30-9:30 Chris Studio 1	Advance Core Training 8:30-9:30 Kelly Studio 1	Simple Step 8:30-9:30 Chris Studio 1	Zumba Gold 8:45-9:30 Lesli Studio 1	Strength and More 8:30-9:30 Chris Studio 1	Restorative Yoga 10:15-11:15 Lisa S Studio 2	Restorative Yoga 10:00-11:00 Kelly Studio 1
Cardio Blast 9:30-10:30 Deb Studio 1	Raise the Bar Power 9:30-10:30 Lisa Marie Gym	Boot Camp 9:30-10:30 Deb Studio 1	Raise the Bar Power 9:30-10:30 Lisa Marie Gym	Step Circuit 9:30-10:30 Deb Studio 1		
Silver Sneakers 1 9:30-10:30 Kimberley Gym	Silver Sneakers 2 10:45-11:45 Kimberley Gym	Silver Sneakers 1 9:30-10:30 Kimberley Gym	Silver Sneakers Yoga 10:45-11:45 Kimberley Studio 2	Silver Sneakers 1 9:30-10:30 Kimberley Gym		
Silver Sneakers 1 10:45-11:45 Kimberley Gym	Pilates 5:00-6:00 Kimberley Studio 2	Silver Sneakers 1 10:45-11:45 Kimberley Gym	Mixed Fit 5:00-6:00 Courtnee Studio 2	Silver Sneakers 1 10:45-11:45 Kimberley Gym		
Silver Sneakers Yoga 12:00-1:00 Kimberley Gym	Hatha Yoga 6:00-7:00 Lisa S Studio 2	Code Red 5:10-6:00 Lisa Marie Gym				
Raise the Bar Sync 5:10-6:00 Kelly Gym		Zumba 6:30-7:30 Lisa Marie Gym		Meditation First Friday of every month. 5:00-6:00		
Zumba 6:30-7:30 Lisa Marie Gym						

Classes are subject to change.

Classes are subject to cancellation due to low attendance.

Ages for participation is 14 and up.

Group fitness classes are free with membership

Non-Members can purchase a punch pass at a discounted rate.

**JOIN THE TAYLOR FAMILY GROUP FITNESS  
 FACEBOOK GROUP FOR UPDATES!**

# **GROUP FITNESS CLASS DESCRIPTIONS**

## **ADVANCE CORE TRAINING**

Kick those core muscles into high gear with A.C.T. Utilizing hang weights, a mat, the resist a ball and step bench with a wide variety of movement in all 3 planes.

## **BACK TO BASICS**

Get the benefits of traditional aerobics, muscle strengthening along with some flexibility exercises. Join this class for low impact and high fun.

## **BOOT CAMP**

Combine high-energy activities to increase cardiovascular endurance. Agility, speed, strength and flexibility.

## **CARDIO BLAST**

Add some variety to your cardio routine! This class is a mix of tradition aerobics with a use of strength training.

## **CODE RED**

Challenge yourself with 45 minutes of extreme HIIT designed to push your body to it's limits.

## **CYCLE 45**

45 minutes of a calorie torching indoor cycling ride.

## **HATHA YOGA**

While concentrating on physical health and mental well-being, you will place emphasis on proper alignment, deep stretching and breathing.

## **MIXXED FIT**

This dance fitness program is a mix of explosive dance and boot camp toning.

## **RAISE THE BAR SYNC**

Build muscle endurance and strength working all the major muscle groups using a barbell synced to music.

## **RAISE THE BAR POWER**

We're taking Raise the Bar to the next level and adding power! All the benefits of a barbell workout while adding an interval aspect.

## **RESTORATIVE YOGA**

Recuperative postures are held for lengths of time and props are used to support a deep sense of letting go and healing the mind, body and spirit.

## **SILVER SNEAKERS CLASSIC 1**

Designed to increase muscle strength , range of motion and improve activities for daily living. A chair is used for seated exercises and standing support.

## **SILVER SNEAKERS CLASSIC 2**

A more intense version of our Silver Sneakers MS-ROM.

## **SIMPLE STEP**

Low-impact class with basic footwork. Combines Step aerobics with body toning.

## **STRENGTH AND MORE**

With bands, hand weights, steps and any toys we can find to help you become stronger and more powerful.

## **ZUMBA**

Zumba fuses hypnotic Latin rhythms in each class of calorie burning, heart-racing, muscle pumping, body energizing, awe inspiring movements.

## **ZUMBA GOLD**

This version of Zumba is a low-impact version of the original. This class is great for the beginners and older active adults alike.