



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Campanelli Group Fitness Schedule

Effective 09/21/26

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 8:00-9:00AM Linette		Total Body Conditioning 8:00-9:00AM Linette			
9:00 AM	Zumba 9:05-10:05AM Jane		Zumba 9:15-10:15AM Jane/Linette	Zumba 9:00-10:00AM Jane	Zumba 9:00-10:00AM Jane	Zumba 9:00-10:00AM Jane *No Zumba the 2nd Sat of the month
10:00 AM	SilverSneakers 10:15-11:15AM Linette	PiYo 10:15-11:15AM Pranava	SilverSneakers 10:30-11:30AM Linette			Breathe & Chair Yoga* 10:30-11:30AM Gini
11:00AM		Yoga for Everyone* 11:30AM-12:30PM Pranava				
12:00 PM						
1:00 pm		Chair Pilates 1:30-2:30PM Pranava			Chair Yoga* 1:30-2:30PM Pranava	
4:00 PM				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 Jane	Total Body Conditioning 5:15-6:00PM Linette	Zumba 5:45-6:45PM Jane	
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.

Cardio and Core

Challenge your cardiovascular endurance and strengthen your core with a combination of high- and low-intensity cardio intervals. Cardio exercises are alternated with standing core movements throughout the workout for a full-body challenge. Modifications are available to accommodate different fitness levels.

Cardio Strength

An all-in-one workout designed to improve your cardiovascular fitness, muscular endurance, and strength. This class combines cardio and resistance exercises using a variety of equipment, including weights, bands, exercise balls, kettlebells, step boards, Pilates balls and rings.

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 BootCamp

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 BootCamp

Cardio meets functional training in this energetic combination workout. Beginning with 25 minutes of cycling before moving to the gym floor (when available) for a variety of strength and conditioning exercises, which may include push ups, sit ups, jump rope, battle ropes, box step ups or jumps, tire flips, boxing, kickboxing, and resistance movements. Modifications are provided for all fitness levels.

Cycle Sculpt

A 55-minute cycling class that combines cardiovascular training with a full-body strength and resistance exercises. Weights, bands, Pilates rings, and Pilates balls are incorporated to create a well-rounded workout. Modifications are provided for all fitness levels.

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!

Cycle, Walk, Jog, or Run

Build cardiovascular endurance by alternating between the spin bike and treadmill. This class includes approximately 15 minutes of cycling followed by 10 minutes on the treadmill, repeated before finishing with a stretch. Participants can choose a walking, jogging, or running pace on the treadmill.

Family Yoga

A gentle yoga class designed for adults, children ages 3 and up, active older adults, and families of all levels. Stead and mat-based movements encourage participants to stretch, breathe, relax, and enjoy movement together. Come with a loved one, a friend, or on your own.

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.

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.

Tabata Pilates

Experience the intensity of Tabata combined with the mindful movement of Pilates. This full-body workout uses intervals of focused work and recovery while incorporating Pilates principles to develop core strength, muscle control, flexibility, and posture. Props such as Pilates bars, Pilates balls, blocks, sticks, and mats may be used. All ages and fitness levels are welcome.

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.

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.