



**Group Exercise Classes 10/7 - 12/1**

**Each class will be held in an 8-week session format.**

**Participants must register for each individual class.**

**Elite & FitCombo Members - \$0**

**Member - \$40 per class Non-Member - \$50 per class**

**\*NO CLASSES ONLY ON THURSDAY, NOV. 28**

**\*NEXT AVAILABLE SIGN-UP DATE: NOV. 19**

- 1 Level 1 (Beginner)**
- 2 Level 2 (Intermediate)**
- 3 Level 3 (Advanced)**

CLASS:	LEVEL:	ACTIVITY #:	INSTRUCTOR:	DAY:	DATES:	LOCATION:	CLASS TIME:
Boot Camp	3	251124-1A	Tracey Z.	Mon	10/7-11/25	Room 301	5:45-6:35A
Virtual Boot Camp		251124-1AVR	Tracey Z.	Mon	10/7-11/25	Virtual	5:45-6:35A
Anything Goes	2	251114-1A	Vicki	Mon	10/7-11/25	Room 301	9:00-10:00A
Virtual Hatha Yoga	1	251323-1AVR	Terry	Mon	10/7-11/25	Virtual	10:00-10:50A
Zumba	2	251072-1A	Jessica	Mon	10/7-11/25	Room 301	11:00-11:50A
Boot Camp	2	251144-1A	Janet	Mon	10/7-11/25	Room 301	5:00-5:50P
Virtual Boot Camp		251144-1AVR	Janet	Mon	10/7-11/25	Virtual	5:00-5:50P
TRX Kettlebell	3	251118-1A	Nick	Mon	10/7-11/25	WCB Act.	5:15-6:05P
FitCycle	2	251461-1A	Melanie	Tue	10/8-11/26	Room 201/301	7:15-8:05A
Fabucore	1	251023-1A	Lesley	Tue	10/8-11/26	Room 301	9:00-9:50A
Virtual Fabucore		251023-1AVR	Monica/Laurel	Tue	10/8-11/26	Virtual	9:00-9:50A
Gentle Cardio Dance	1	251117-1A	Monica/Laurel	Tue	10/8-11/26	Room 301	10:00-10:50A
HIIT	3	251115-1A	Nora	Tue	10/8-11/26	Room 301	5:15-6:05P
Virtual HIIT		251115-1AVR	Nora	Tue	10/8-11/26	Virtual	5:15-6:05P
Weighted Interval Training	3	251006-1A	Nora	Tue	10/8-11/26	Room 301	6:15-7:05P
Restorative Yoga	1	251136-1A	Beth	Tue	10/8-11/26	Room 301	7:15-8:05P
Boot Camp	3	251126-1A	Tracey Z.	Wed	10/9-11/27	Room 301	5:45-6:35A
Virtual Boot Camp		251126-1AVR	Tracey Z.	Wed	10/9-11/27	Virtual	5:45-6:35A
TRX Kettlebell	2	251118-1AB	Nick	Wed	10/9-11/27	WCB Act.	9:00-9:50A
Total Body Conditioning	2	251127-1A	Vicki	Wed	10/9-11/27	Room 301	9:00-9:50A
Total Body Stretch	1	251027-1AB	Vicki	Wed	10/9-11/27	Room 301	10:00-10:30A
Zumba	2	251072-1AB	Jessica	Wed	10/9-11/27	Room 301	11:00-11:50A
Guns & Abs	2	251021-1A	Janet	Wed	10/9-11/27	Room 301	6:00-6:50P
Virtual Guns & Abs		251021-1AVR	Janet	Wed	10/9-11/27	Virtual	6:00-6:50P
Virtual Hatha Yoga	1	251145-1AVR	Terry	Wed	10/9-11/27	Virtual	7:00-7:50P
TRX Basics	2	251149-1A	Melanie	Thu	10/10-11/28	WCB Act.	5:45-6:35A
Strictly Strength	1	251132-1A	Janet	Thu	10/10-11/28	Room 301	9:00-9:50A
Virtual Strictly Strength		251132-1AVR	Janet	Thu	10/10-11/28	Virtual	9:00-9:50A
Power Hour Cardio	3	251139-1A	Nora	Thu	10/10-11/28	Room 301	5:15-6:05P
Virtual Power Hour Cardio		251139-1AVR	Nora	Thu	10/10-11/28	Virtual	5:15-6:05P
Barre	2	251133-1A	Nora	Thu	10/10-11/28	Room 301	6:15-7:05P
Boot Camp	3	251134-1A	Tracey Z.	Fri	10/11-11/29	Room 301	5:45-6:35A
Body Sculptor	1	251130-1A	Janet	Fri	10/11-11/29	Room 301	9:00-9:50A
Lunchtime Boot Camp	1	251137-1A	Nora	Fri	10/11-11/29	Room 301	12:15-1:05P
Virtual Lunchtime Boot Camp		251137-1AVR	Nora	Fri	10/11-11/29	Virtual	12:15-1:05P
Cycling	2	251141-1A	Melanie	Sat	10/12-11/30	Room 201	8:00-8:50A
Restorative Yoga	1	251136-1AB	Beth	Sun	10/13-12/1	Room 301	10:00-10:50A
Virtual Hatha Yoga	1	251140-1AVR	Terry	Sun	10/13-12/1	Virtual	9:00-9:50A

\*Classes that do not meet minimum participation will be cancelled for the entire 8-week session.

# GROUP FITNESS CLASS DESCRIPTIONS

\*All instructors can modify classes for every fitness level.

## ANYTHING GOES

Challenge yourself and take it to the next level with a class that lets you experience something new each week. The instructor will get the heart pumping with exciting routines that may include strength training, cardio and a variety of equipment.

## BARRE

The ballet barre is your best friend during this class full of micro and isometric strength movements. Using light weights and lots of reps this class will target muscles you forgot you had!

## BODY SCULPTOR

Challenge your muscles with a wide variety of exercises using bands, weights, steps, stability balls & mat exercises. Enhance everyday physical performance through strength & flexibility training.

## BOOT CAMP

The only thing we can promise about Boot Camp is that it will get you sweating! Be ready for different styles of cardio and strength training intended to work your entire body.

## CYCLING

Love the calorie burning benefits of cardio but don't have a lot of time? Come take a ride during this 50-minute class, sure to get you sweating while working the legs and core.

## FABUCORE

This class is designed to strengthen ab and back muscles. The class is fun, educational, and full of practical advice on maintaining a strong core and posture throughout the day. A variety of ab, posture, and yoga work will be included.

## FITCYCLE

Jump on in and experience the ride of your life! This cycling class combines intensity and focus as one experiences the burn as well as benefits from various stretching movements. Take your cycling to a higher level and join in for a unique approach to your fitness.

## GENTLE CARDIO DANCE

This low impact cardio class mixes a variety of dance movements. This class involves the following: cardio, dance, strength, coordination, core, and balance.

## GUNS & ABS

Join us for upper body sculpting and toning along with core strengthening. We keep things fresh by utilizing techniques including circuits, mat work, and free weights set to an invigorating soundtrack.

## HATHA YOGA

This class introduces the new and experienced students who want to connect to the key elements of Yoga practice. Introducing the fundamentals of Yoga with a focus on breathing and alignment. One will be guided through Yoga postures to build strength, stamina and flexibility.

## RESTORATIVE YOGA

Restorative Yoga is a gentle and nurturing practice that focuses on relaxation, restoration, and rejuvenation of the body, mind, and spirit. In this class, participants will explore a series of restful poses supported by props such as blankets, bolsters, and blocks, allowing the body to fully surrender into each posture.

## HIIT

HIIT or High Intensity Interval Training is the BEST way to lose fat and get fit . . . fast! It's a well-known "secret" with fitness trainers that short bursts of higher intensity exercise WORKS to get RESULTS. The HIIT class combines cardio, strength, core and functional training.

## POWER HOUR CARDIO

Workout your frustrations in this high-intensity class! You will burn fat and relieve stress while gaining a great sense of self-confidence.

## TRX®

Ramp up your workout with this combination class. Improve your strength, mobility, and balance in this calorie burning class.

## STRICTLY STRENGTH

Do you want to shape your body and develop strength, endurance and lean muscle? Discover the benefits of strength training. Not only does it have the potential to increase lean muscle and metabolism, it may help improve balance, flexibility, mobility and stability.

## TOTAL BODY CONDITIONING

This class combines low impact aerobics with strength training and resistance exercises using hand weights, Xertubing, and stability balls. Work all the major muscle groups targeting the cardiovascular and muscular systems and a cool down incorporating flexibility.

## TOTAL BODY STRETCH

In this class, we'll explore a variety of stretching techniques and exercises to target different muscle groups, improve joint mobility, and release tension accumulated from daily activities or intense workouts.

## WEIGHTED INTERVAL TRAINING

Use light to moderate weights allowing you to work your full body in a short period of time. The combination of using weights with multiple repetitions can burn fat and calories both during and after your workout, improving muscle tone, strength and overall health.