



## Group Fitness Class Schedule

As of February 9<sup>th</sup>, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		Quick Cycle Loren <i>*Sign-Up Mon. @ 5pm</i>	H.I.I.T.30 Donette	Quick Cycle Loren <i>*Sign-Up Wed. @ 5pm</i>			
8:00 am	Classic Silver Sneakers Arleda <i>*Sign-Up Req. Max 30</i>	Cardio Circuit Silver Sneakers Lynn (Small Room) <i>*Sign-Up Req. Max 30</i>	Classic Silver Sneakers Arleda <i>*Sign-Up Req. Max 30</i>  A Vicious Cycle Diane <i>*Sign-Up @ 7am</i>				
8:15 am	A Vicious Cycle Diane <i>*Sign-Up @ 7am</i>				A Vicious Cycle Diane <i>*Sign-Up @ 7am</i>		
8:30 am		Floor Play Jen Allen					
8:45 am						Cycling -Audrey <i>*Sign-Up @ 7am</i>	
9:00 am	Ultimate Burn Jen Allen	Warrior Challenge Diane		Power Circuit Diane	Ultimate Burn Jen Allen	Zumba Circuit Liz	
9:15 am			Perfect Body Sculpt Diane				
9:30 am	<i>*Aero Sculpt Lynn (Small Room) (*Sign Up Required)</i>	Step Interval Jen Allen	<i>*Aero Sculpt Lynn (Small Room) (*Sign Up Required)</i>		<i>*Aero Sculpt Lynn (Small Room) (*Sign Up Required)</i>		
10:00 am	Gentle Yoga Jen Allen				Gentle Yoga Jen Allen	Body Sculpt Audrey	
10:30 am				Cardio Circuit Silver Sneakers Lynn <i>*Sign-Up Req. Max 30</i>			
10:45 am	<i>*Senior Fitness Lynn (Small Room) (*Sign Up Required)</i>		<i>*Senior Fitness Lynn (Small Room) (*Sign Up Required)</i>		<i>*Senior Fitness Lynn (Small Room) (*Sign Up Required)</i>		-11:00 am- Zumba Liz
11:15 am		Silver Sneakers Arleda <i>*Sign-Up Req. Max 30</i>			Silver Sneakers Arleda <i>*Sign-Up Req. Max 30</i>		
2:00 pm	Classic Silver Sneakers Arleda <i>*Sign-Up Req. Max 30</i>	Senior Yoga Susan	Classic Silver Sneakers Arleda <i>*Sign-Up Req. Max 30</i>				
4:30 pm		Zumba Liz	Full Body Bosu Blast Jen Allen (Small Room)	Zumba Liz		<u>Gym Hours:</u>	<u>Childcare Hours:</u>
5:00 pm			Zumba Circuit! Liz		30 Minute Core Challenge Tommy	<u>Mon-Wed</u> 5am-11pm <u>Thursday</u> 5am- 10pm <u>Friday</u> 5am – 9pm <u>Saturday</u> 7am – 7pm <u>Sunday</u> 7am – 6pm	<u>Mon-Fri</u> 8am-12 noon Re-open 3:30pm-7pm  <u>Saturday</u> 8:30am-12 noon
5:30 pm	Power Circuit Donette	Body Sculpt Audrey		Body Sculpt Audrey	Zumba Fusion Shereen		
6:00 pm	Cycling Shereen <i>*Sign-Up @ 4pm</i>		Cycling Christi <i>*Sign-Up @ 4pm</i>	A Vicious Cycle Diane <i>*Sign-Up @ 4pm</i>			
6:00 pm			Yoga Shereen <hr/> 30 Min Core Challenge Tommy (Small Room)				

- Silver Sneakers requires Sign-Up Max occupancy 30.
- All Cycling Classes require prior registration. Registration opens at specific times. See schedule for detailed times! **Call to Sign Up 561-575-2622**

<b><u>A Vicious Cycle:</u></b> NOT your average cycling class. One hour of cycling madness. You will work hard, sweat hard, and burn major calories! (*Sign-Up Required)
<b><u>Cycling:</u></b> One hour of high energy cycling to the most current upbeat music. (*Sign-Up Required)
<b><u>Floor Play:</u></b> Get your mind out of the gutter! Floor Play is a mash up of yoga and pilates, flanked with a series of body weight exercises and stretch. You will plank, pose, and sweat your way to a more sculpted, more limber you! *Yoga mat recommended.
<b><u>Power Circuit:</u></b> A high energy class that combines intervals along with weight training and cardio boxing.
<b><u>Perfect Body Sculpt:</u></b> A low impact all muscle workout using weights, bands, fitness balls and other fun toys. This class is designed to hit every muscle group from head to toe, including abs!
<b><u>Ultimate Burn:</u></b> A muscle burning, metabolism boosting, all over body workout. It is a combination of short bursts of cardio with intense body weight exercises focusing greatly on the core.
<b><u>Warrior Challenge:</u></b> You WILL NOT find another challenge like this one! This is Diane's version of a 90 minute FULL body intense workout consisting of 30 minutes Spin, 40 minutes running/circuit training, finishing with 20 minutes of muscle and core work. This class will challenge your cardiovascular and muscle endurance. Be prepared to sweat and take yourself to the next level along with a camaraderie of people who will welcome and encourage you along the way. We are all in this one together!
<b><u>Gentle Yoga:</u></b> Incorporates the basic fundamentals of yoga into an hour long, slow flow session. Stretch, breathe, and leave feeling relaxed and limber.
<b><u>Zumba:</u></b> Join this exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.
<b><u>Silver Sneakers:</u></b> Muscular strength and range of motion. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance while a chair is used for seated and/or standing support. (*Sign-Up Required Max Occupancy 30)
<b><u>Senior Fitness:</u></b> Safe, heart-healthy, and gentle on the joints. This workout includes easy-to-follow low-impact exercises to support your healthy and active lifestyle. (*Sign-Up Required)
<b><u>Silver Sneakers Yoga Stretch:</u></b> This class incorporates Yoga poses, breath awareness and relaxation to increase flexibility, strength and balance. (*Sign-Up Required Max Occupancy 30)
<b><u>Zumba Circuit:</u></b> Intervals alternating with circuit training using mostly body weight.
<b><u>Aero Sculpt:</u></b> The Classic 20, 20, 20 formula of 20 minutes of Aerobics, 20 minutes of Weights, and 20 minutes of Abs and Stretch. Working from top to bottom; You are now ready to start your day! (*Sign-Up Required)
<b><u>30 Min Core Challenge:</u></b> Come work up a sweat during 30 minutes of intense core work!