

## Group Fitness Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
				7:30-8:15am Tai Chi (Tess)		
9:15-10:15am *Adv. Balance (Jan)	9-10am *Balance* (Adam/Jan)	9:15-10:15am *Adv. Balance (Jan)	9-10am *Balance* (Adam/Jan)		8:30-9:15am Boot Camp (alternate)	
10:30-11:10am Loosen Up (Julie)	10:30-11:00am Zumba Gold (Nancy)	10:30-11:10am Loosen Up (Julie)		10:30-11:10am Loosen Up (Julie)		
11:15-11:45am Senior Aerobics (Julie)	11-12pm Yoga (Nancy)	11:15-11:45am Senior Aerobics (Julie)		11:15-11:45am Senior Aerobics (Julie)		
	12:15-12:45pm Tai Chi (Tess) At hospital		12:15-12:45pm Tai Chi (Tess) At hospital			
12:10-12:50pm Mini Body Combat (Steph)	12:10-12:50pm Mini Body Pump (Adam)	12:10-12:50pm Mini Body Combat (Steph)	12:10-12:50pm Mini Body Pump (Adam)	12:10-12:50pm Mini Body Pump (Adam)		
1:15-2:15pm *Balance* (Julie/Jan)	1:15-2pm Qi Gong (Tess)	1:15-2:15pm *Balance* (Julie/Jan)	1:15-2pm Qi Gong (Tess)		1-2pm Zumba (Angel)	
	2-2:30pm Golden motion (Heidi)		2-2:30pm Golden motion (Heidi)			
4-5pm EDGE (Julie)	4-5pm *CATCH* (Tim)	4-5pm EDGE (Julie)	4-5pm *CATCH* (Tim)			
4:45-5:45pm Body Pump	5-6pm Body Combat (Steph)	4:45-5:45pm Body Pump	5-6pm Body Combat (Steph)			
6-7 pm Zumba (Angel)	6:15-7:15pm Zumba (Angel)	6-7 pm Zumba (Angel)	6:15-7:15pm Zumba (Angel)			
6-7pm Yoga (Nancy)						
7:15-8:15 pm Zumba (Angel)	7:20-8:05pm Yoga (Nancy)	7:15-8:15 pm Zumba (Angel)	7:20-8:05pm Yoga (Nancy)			

Cost: Month Unlimited Class/Fitness Center Pass \$30 (automatic withdrawal with credit card)

\$35 (cash or check per month)

Or can purchase a Day Pass for \$5

\$25 (Corporate Rate and Senior Citizens 65yrs & older)

**\*balance and CATCH are the only classes that requires pre-registration**

## Class Descriptions:

**Loosen Up:** Great class that will lead participants through a full-body session designed to release muscle tension. Stretching and flexibility allows one to move with full range of motion.

**Golden Motion:** This 60-min class has it all for seniors. Start with an instructed class from upper/lower body weight training, core work, balance, and flexibility! End in our fitness center with cardio using nusteps, treadmills, bikes, and more.

**Senior Aerobics:** Enjoy a 30-min low impact aerobic class with easy to follow moves to get you moving. This class starts with chair aerobics and ends with standing low impact moves.

**Yoga:** This is an all level, gentle yoga class. Yoga is a form of exercise that uses slow movements and stretching to increase flexibility and balance, great for relieving stress and relaxing. Come with an open mind, leave with an open heart.

**Tai Chi:** This is a relaxing Tai Chi class for all levels. It consists of a series of slow, graceful, circular movements that benefit both mind and body. It enhances your strength, endurance and balance. People of all ages and abilities can improve flexibility, decrease stress and ease activities of daily living.

**Qi Gong:** This is a slower paced Tai Chi class for beginners that focus on slow graceful movements. This class will help with strength, endurance and balance.

**Boot Camp:** This 45-min class combines cardio and strength training for a total body workout. Class rotates between stations for maximum effort and calorie burning

**Body Combat:** Empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

**Body Pump:** Get on the fast track to a strong and toned body! Les Mills Body Pump utilizes barbell weights and awesome music. This class is perfect for men and women of any fitness level.

**Zumba:** Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

**Zumba Gold:** It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. See description of Zumba.

**EDGE:** This 60 minute class is designed to enhance one's athletic performance. Through this program an athlete can improve their speed, agility, power and strength.

### **\*Classes Requiring Pre-Registration\***

**\*CATCH:** (Children and Teens Choosing Health) is a class for students (and parents) requiring an interdisciplinary team approach to healthy weight loss and body image. This class is both activity and lecture based.) Advanced registration is required.

**\*Balance:** This 60 minute class will help you focus on your balance and stability. This class requires registration! Sign-up for either Tues/Thurs 9-10am, Mon/Wed 1-2pm, or the Mon/Wed 2:15-3:15pm class. Additional classes Held at the RCA building on Tues/Thus. Call for more information.

**\*Advanced Balance:** This 60 minutes class will challenge your balance to the next level. Completion of the \*Balance class is required before taking the advanced class. This class required registration!