



NOVEMBER GROUP EX SCHEDULE

- Some classes are also available virtually through Mindbody live streaming at no additional cost.
- Reserve your spot in Mindbody starting at 6am two days before your live or virtual class.
- Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
- Waitlist policy: any spots open at the start of class can be filled by members present on the waitlist.
- Any additional spaces in in-person classes will be filled on a first-come-first-served basis.
- Please be courteous to other members and arrive to class no later than 5 minutes before the start time, refrain from taking phone calls, and avoid disruptions by not talking during class.

MONDAY

TOTAL BODY
6:00 - 6:45 a.m
gym/virtual
with Cassie

MAT PILATES
8:00 - 9:00 a.m
dance studio/virtual
with Susan

PUMP IT UP
8:15 - 9:00 a.m
gym/virtual
with Theresa

EXPRESS SPIN
8:45 - 9:15 a.m
community room
with Jen

SPIN
9:30 - 10:15 a.m
community room
with Theresa

ESSENTRICS
11:00 a.m. - 12:00
p.m
community room
with Jill

SILVER SNEAKERS
12:30 - 1:15 p.m
community
room/virtual
with Jess

SPIN
5:30 - 6:15 p.m
community room
with Amy

ZUMBA
6:00 - 7:00 p.m
gym
with Lin

**ARMS, ABS &
GLUTES**
6:30 - 7:15 p.m
community room
with Amy

TUESDAY

SPIN & SCULPT
6:00 - 6:45 a.m
community room
with Kristi

EXPRESS SPIN
8:00 - 8:30 a.m
community room
with Amy

ESSENTRICS
8:45 - 9:45 a.m
community room
with Carolyn

TRX BODY POWER
8:45 - 9:30 a.m
gym/virtual
with Cassie

TONE & SCULPT
8:45 - 9:30 a.m
dance studio
with Jody

**RELAX & RESTORE
YOGA**
10:00 - 10:45 a.m
community room/virtual
with Theresa

CARDIO REBOOT
10:15 - 11:15 a.m
track
with Rachael

**ESSENTRICS +
MOVEMENT/ STRENGTH**
11:00 a.m - 12:15 p.m
community room
with Jill

SILVER SNEAKERS
12:30 - 1:15 p.m
community room/virtual
with Jen

EXPRESS SPIN
5:30 - 6:00 p.m
community room
with Amy

**TOTAL BODY
STRENGTH**
6:15 - 7:00 p.m
community room
with Amy

**VINYASA FLOW
YOGA**
7:00 - 8:00 p.m
dance studio/virtual
with Becca

WEDNESDAY

CARDIO STRENGTH
6:00 - 6:45 a.m
gym/virtual
with Cassie

SPIN
8:15 - 9:00 a.m
community room
with Theresa or
Cassie

MAT PILATES
8:15 - 9:15 a.m
dance studio
with Allison

ESSENTRICS
9:30 - 10:30 a.m
community room
with Carolyn

CIRCUIT TRAINING
9:15 - 10:15 a.m
gym
with Theresa or
Cassie

**BEGINNER YOGA
FOR EVERYBODY**
9:30 - 10:15 a.m
dance studio
with Becca

TONE & SCULPT
5:30 - 6:15 p.m
community room
with rotating
instructors

SPIN & STRETCH
6:30 - 7:15 p.m
community room
with Tabitha

THURSDAY

POWER TONE
5:45 - 6:30 a.m
gym/virtual
with Jen

ARMS, ABS , GLUTES
8:30 - 9:15 a.m
dance studio
with Jen

ESSENTRICS
8:30 - 9:30 a.m
community room
with Carolyn

**TRX STRENGTH
COMBO**
8:45 - 9:30 a.m
gym/virtual
with Theresa

PILATES
9:30 - 10:30 a.m
dance studio
with Brittany

SPIN
9:45 - 10:30 a.m
community room
with Jen

**RELAX AND
RESTORE YOGA**
11:15 a.m - 12:00 p.m
community room/virtual
with Cassie

SILVER SNEAKERS
12:30 - 1:15 p.m
community room/virtual
with Donna

ZUMBA
6:00 - 7:00 p.m
gym
with Lin

CARDIO YOGA
6:30 - 7:30 p.m
dance studio
with Tabitha

FRIDAY

SPIN & SCULPT
6:00 - 6:45 a.m
community room
with Kristi

**VINYASA FLOW
YOGA**
8:00 - 9:00 a.m
dance studio/virtual
with Becca

EXPRESS SPIN
8:45 - 9:15 a.m
community room
with Mike or Jody

TONE & SCULPT
9:30 - 10:15 a.m
gym/virtual
with Cassie

SPIN
9:30 - 10:30 a.m
community room
with Theresa

ESSENTRICS
11:00 a.m - 12:00 p.m
community room
with Jill

SILVER SNEAKERS
12:30 - 1:15 p.m
community room/virtual
with Jess

SATURDAY

SPIN
8:00 - 8:45 a.m
community room
with Cassie

MIXED FIT
8:00 - 9:00 a.m
dance studio
with Erin

TABATA
9:00 - 10:00 a.m
gym
with Theresa

KUNDALINI YOGA
9:15 - 10:45 a.m
dance studio
with Moni

**POP UP
ESSENTRICS**
11/4; 11/11; 11/18;
11/25
9:15 - 10:15 a.m
community room
with Jill

SUNDAY

SPIN
9:15 - 10:00 a.m
community room
with Jen

MAT PILATES
9:15 - 10:00 a.m
dance studio/virtual
with Brittany or
Allison

**ARMS, ABS &
GLUTES**
10:15 - 11:00 a.m
community
room/virtual
with Jen

ARMS, ABS & GLUTES - This "no-cardio", 45 min class will focus on strengthening and toning your arms and abs. Class will vary each week using body weight exercises, dumbbells, bands and other equipment. All levels are welcome.

BEGINNER YOGA FOR EVERYBODY - Whether you are starting to practice yoga for the first time or you are getting back into it after a hiatus, this class will focus on learning basic yoga poses and their benefits, as well as using your breath to maintain a calm, focused mind. Even if you have yoga experience, this "slow flow" will be an excellent way to help restore flexibility and reset for your next workout.

CARDIO STRENGTH - This is a full-body workout meant to get your heart pumping, while also still focusing on building strength and endurance. It is a timer based class using intervals, but every week is different, so no timer is the same. It is meant for all fitness levels with modifications or progressions provided for everyone.

CARDIO YOGA - Cardio Yoga is a barefoot fitness program combining bodyweight exercises and repetitive yoga poses to elevate your heart rate and burn calories. The class consists of a barefoot warm-up, spinal warm-up, right and left side low impact cardio, and finishes with slower moving stretches, like a traditional yoga class.

CARDIO REBOOT - Get your running shoes ready! This cardio strength class takes place on our indoor track. It is a timer based class that uses intervals to work on improving your cardiovascular endurance and build strength using bodyweight exercises and different types of equipment. It is sure to burn off some serious calories in a fun, safe way!

CIRCUIT TRAINING - A circuit style group exercise class that incorporates cardio and strength exercises to work every muscle group. Members work in small groups through each station using a wide variety of equipment to keep the class fun and challenging. All fitness levels are welcome!

ESSENTRICS - A dynamic, full-body workout suitable for all fitness levels and ages, that simultaneously combines stretching and strengthening. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

ESSENTRICS + FUNCTIONAL MOVEMENT & STRENGTH - Start with Essentrics & end with functional exercises inspired by rehabilitation modalities. 2nd half will utilize props such as light weights, resistance bands, foam rollers (bring your own), etc., to enhance your balance, strength, stabilization, mobilization & balance.

KUNDALINI YOGA - This class is based on the teachings of the 5000-year-old Kundalini Yoga found in the writings in the Upanishads of ancient India, and on instructor Moni's own unique life experiences. The infinite, cosmic Kundalini energy is asleep at the base of the spine in all human beings. With Pranayama (breathing), mudras, asanas, meditation and mantra this energy gently awakens and rises for a sense of physical well-being, balance in body and mind, and a true connection to one's soul.

MAT PILATES - Engage your mind while intentionally becoming aware of your breathing, concentration and posture. Use the classical Pilates method to activate your core through mixed level exercises. Create elongated muscles, body alignment and increased relaxation.

MIXXEDFIT - A hip-hop based dance cardio fitness program that combines dance movements with bodyweight toning. Get your sweat on dancing to today's hit songs and yesterday's favorites!

POWER TONE - Start your day with this total body workout. Sets of strengthening and toning exercises mixed with bursts of cardio will give you an effective workout to help you tone muscles, boost metabolism, and continue to burn calories all day long! Never do the same class twice: format changes every week. Appropriate for all fitness levels as all exercises can be modified or amplified!

PUMP IT UP STRENGTH - This full body strength-based class will focus on building, sculpting and defining your muscles. We will use a variety of equipment on the gym floor including resistance bands and dumbbells and gliders. All levels are welcome.

RELAX AND RESTORE YOGA - This yoga class is designed to help us relax and restore our mind and body. Traditional yoga poses and breathing are used to help us increase flexibility, release tension, work on mobility and range of motion and bring us to a more relaxed state by the end of class. All levels are welcome. Please bring your own mat.

SILVER SNEAKERS - Provides a well rounded workout for older adults by incorporating exercises to improve strength and flexibility as well as skills for fall prevention and functional movement patterns. The instructor will guide you through a series of exercises in and out of the chair. All levels welcome.

SPINNING - Lose your worries and gain endorphins in this exhilarating cycling class. We turn down the lights and turn up the volume on a journey that will push your limits through climbing hills, sprinting to your personal goals, and coasting toward an elevated state of mind and body. Challenge your cardiovascular system by using the cadence sensor to track your progress, or simply ride at your own pace in an enlivening atmosphere.

SPIN & SCULPT - Rise and shine with a unique mix of cycling and strength exercises on the floor that will give you a full body interval workout to start your day off right. Increases endurance while toning muscles.

TABATA BOOT CAMP - Get ready for a fun, upbeat workout that is similar to our famous Circuit Training class - but with more of a HIIT twist. Still timer-based, but more of a Tabata feel.

TONE & SCULPT - This class uses dumbbells, mini bands, or even just bodyweight to gain an overall toned physique. With a heavy focus on deep core strength and stability, be prepared to work your hips, hip flexors, back and core.

TOTAL BODY STRENGTH - 45 minutes of block work focusing on a variety of strength and balance exercises. Each week there will be a different focus on muscle groups using bands, dumbbells, and bodyweight. Perfect for all fitness levels with modifications.

TRX BODY POWER - Ready to challenge your body with suspension training? TRX uses your body weight and gravity to improve on strength, cardio, flexibility and balance, while engaging all of your muscles. Dumbbells, kettle bells, mini bands, and more help round out this full body exercise class. All fitness levels are welcome.

TRX STRENGTH COMBO - This full body strength class takes all the things you love about The Pump it up strength class and adds TRX into the mix. TRX uses body weight and gravity to help us improve our strength, cardio, flexibility and balance. Longer timer intervals are used to you can work on proper form, work at your own pace and maximize your results. All levels are welcome.

VINYASA "FLOW" YOGA - This class is geared for practiced yogis and beginners alike, with modifications as needed. The Ujjayi breath is used to connect breath to movement at a moderate pace, with some holding, in which students will build mindfulness, strength and skill in alignment and breath work.

ZUMBA - Dance to great music and burn a ton of calories without even realizing it. Zumba is an international Latin inspired dance party that's moving millions around the world. Grab a friend and join this class for the perfect combination of fun and fitness!

POP-UP CLASSES - Well loved classes that sometimes "pop up" each month based on instructor availability. These classes are not a part of the regular schedule, so keep an eye out for them!

EXPRESS - Beloved classes in a 30 minute format!