

# Group Exercise Schedule - November 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AEROBICS STUDIO</b>						
5:45 am			Burn45 Jess (45 min) ☆		Burn45 Jess (45 min) ☆	
8:15am	RIP Nichole	Yoga Katie G. (45 min)	RIP Nichole	Yoga Katie G. (45 min)	Yoga Katie K. ☆	
9:15 am	Flow Fusion Liz		Flow Fusion Liz		RIP Laura	Strong Instructor Rotates
10:15 am	Cardio Sculpt Erika	Zumba Rebekah ☆	Cardio Sculpt Erika	Zumba Rebekah ☆	Cardio Sculpt Erika	
11:15 am	Silver Sneakers ☆ Liz	Silver Sneakers ☆ Ashley	Silver Sneakers Liz	Silver Sneakers Liz	Tai Chi Joseph	
12:15 pm	Chisel Tina (45 min)	Core Challenge Nichole (30 min)	Chisel Tina (45 min)	Core Challenge Nichole (30 min)	Chisel Tina (45 min)	
4:30 pm	RIP Jami	Pilates Alyssa ☆	RIP Jami	Barre Alyssa ☆	RIP Jami	
5:30 pm	Zumba Kayce	Chisel Rebecca	Zumba Kayce	Chisel Rebecca	Zumba Rebekah	
6:30 pm		Yoga Crystine		Restorative Yoga Krystina		
<b>MX4 ROOM</b>						
9:15 am		T-50 Nichole		T-50 Ashely		
5:00pm						
6:30 pm		MX4Plus Omega (45 min) ☆				
<b>LOWER GYM</b>						
5:45 am	Functional Fitness Tammy (45 min)	Functional Fitness Tammy (45 min)		Functional Fitness Tammy (45 min)		
9:15 am	Functional Fitness Tina (45 min)		Functional Fitness Ashley (45 min)		Functional Fitness Liz (45 min)	
5:30 pm					Boot Camp Rebecca	
6:30 pm	Boot Camp Matt		Boot Camp Matt			
<b>CYCLE STUDIO</b>						
8:15 am		Cycle Joan (45 min) ✎		Cycle Joan (45 min) ✎	Cycle Nichole (45 min) ✎	
9:15 am						Cycle Rotation (45 min) ✎
4:30 pm		Cycle Fusion Jami (45 min) ✎		Cycle Fusion Jami (45 min) ✎		
5:30 pm	Cycle Rebecca (45 min) ✎		Cycle Rebecca (45 min) ✎			
<b>POOL</b>						
10:00 am	Senior Workout ☆ Adrian (45 min)		Senior Workout ☆ Adrian (45 min)			

✎ Reservation using Myzone app recommended

☆ Change in class from previous month

**Intensity Level**

Gentle

Low

Moderate

Elevated

High

**Color guide**



## **GROUP EXERCISE CLASS DESCRIPTIONS** – Classes are 55 minutes unless otherwise specified

### **Gentle**

**Restorative Yoga:** A slower practice where relaxing postures are held for longer periods of time and supported with props to allow strain-free, physical, mental and emotional relaxation

**Tai Chi:** A noncompetitive, self-paced and gentle class. Postures flow to ensure constant motion. (50 minutes)

### **Low Intensity**

**Senior Workout:** A time for senior citizens, individuals with special needs, and any other individual in need of a water fitness class. Equipment used: foam dumb bells, noodles, balls, and boards.

**Silver Sneakers:** 45-minute low impact workout to improve stamina, strength, suppleness, and stability.

**Yoga:** In this 45-minute all level class, learn to link breath to movement while stretching and strengthening your body.

### **Moderate Intensity**

**Barre:** A low impact muscular endurance workout, using a mixture of small and isometric movements, with extra focus on the muscles of the legs, hips and core.

**Cardio Sculpt:** A 45-minute low to moderate impact class that focuses on cardio and strength training.

**Flow Fusion:** Strengthen, lengthen and ignite your full self in this heat-building fusion of Mindfulness, Yoga and Pilates.

**Pilates:** A traditional series of stretches on the mat focusing on the “powerhouse” (the core). Lengthen and Strengthen from head to toe.

### **Elevated Intensity**

**Chisel:** A resistance training class designed to strengthen your entire body in 55 minutes.

**Core Challenge:** 30-minute mat workout designed to strengthen your entire middle, for a solid foundation.

**Cycle Fusion:** Challenge the heart and muscles with a mix of cycle, strength exercises, and core.

**Functional Fitness:** 55-minute, full body, scalable workout to challenge you in all planes of motion.

**RIP® by Group Rx:** A full-body barbell class that uses Rhythm, Intensity, and Power to tone and define the muscles.

**Zumba® :** Easy to follow dance fitness class using internationally inspired moves & rhythms.

### **High Intensity**

**Boot Camp:** Engage in this 45-minute conditioning workout focusing on the pillars of fitness and performance. The workouts are scalable to match athletes of all ages and abilities.

**Burn45:** Jump Star your day with this full body, high intensity interval workout designed to help you push your limits and strengthen your abilities. Options that match your best intensity will be encouraged. Stay after class for a 15 minute guided deep stretch

**Cycle:** Musically driven intervals designed to simulate various terrains. Work at your own comfort level while climbing the hills, racing the flats, and increasing strength and stamina in the legs and lungs.

**MX4 Plus:** 40-minute, 360° interval workout using a variety of equipment in the Functional Training Studio .

**STRONG Nation™:** Bodyweight, Sport and Kickboxing moves Synced to the music for motivation.

**T-50:** Functional training and corrective exercises, focusing on power, strength, stability, mobility and endurance.