



# WINTER 2023

## GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>MONDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:40am	Group Cycling (10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
10:00am	PICKLEBALL	-	North Gym
5:15pm	Strong In 30 (12)	Trista	Multipurpose Room
<b>TUESDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30am	Strong In 30 (12)	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	South Gym
10:00am	ForeverWell Strength Circuit	Anita	Fitness Center
10:00am	PICKLEBALL	-	North Gym
4:15pm	Strength Train Together (12)	Christy	Multipurpose Room
6:30pm	ZUMBA	Hector	Multipurpose Room
<b>WEDNESDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
10:00am	PICKLEBALL	-	North Gym
4:15pm	Defend Together	Christy	Multipurpose Room
5:15pm	Strong In 30 (12)	Trista	Multipurpose Room
<b>THURSDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30am	Strong In 30 (12)	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	South Gym
10:00am	ForeverWell Strength & Balance Circuit	Anita	South Gym
10:00am	PICKLEBALL	-	North Gym
4:15pm	Strength Train Together (12)	Christy	Multipurpose Room
6:30pm	ZUMBA	Hector	Multipurpose Room
<b>FRIDAY</b>			
<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:40am	Group Cycling (10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Drumming Alive (11)	Erin	Multipurpose Room
10:00am	PICKLEBALL	-	North Gym
10:45am	SilverSneakers EnerChi	Erin	Multipurpose Room
5:30pm	STEP It Up (12)	America	Multipurpose Room

# Exercise Class Descriptions

**SS FF ForeverWell Strength Circuit:** this class targets our senior members, of all ages. Tuesdays we meet in the Fitness Center for 30 minutes to perform a circuit of machines using the selectorizers. Join us afterwards for a fun filled session complete with coffee and fellowship in the Multipurpose Room.

**SS FF ForeverWell Strength and Balance Circuit:** Thursdays we meet in the South Gym for 30 minutes for free weight exercises using dumbbells and chairs if needed to work on functional strength and balance. Join us for a fun filled session complete with coffee and fellowship afterwards in the Multipurpose Room.

**SS FF Aquanastics:** Get your body moving in our aquatic based wellness class. Anyone desiring to increase the amount they move their body each day with the low impact and assisted resistance from water. Each session begins with a warm-up and blends aspects of cardiovascular, strength, flexibility, and balance as training tools. Registration is required, no limit to number of participants.

**SS Fusion:** Non-stop strengthening and sculpting of your core, arms, legs, and glutes using your body weight. Then we add intensity with free weights to give you that toned look! You will keep moving the full 45-minutes of class once we begin and use active recovery while letting your body rest.

**IA SS Group Cycling:** Our experienced instructors will push you in this class, taking you on different routines of intense cycling. You will need a water bottle as this class can have a high intensity! Limit of 10 participants per class.

**SS FF SilverSneakers EnerChi:** In this class you can expect to move through a slow, flowing sequence as you shift your weight front to back and side to side.

**SS FF SilverSneakers Classic:** A basic exercise class designed for seniors who would like to stay active. This class uses balls, bands, weights, and chairs for assistance to give a challenging yet fun workout.

**SS FF SilverSneakers Yoga:** A simpler yoga class designed for seniors where you can choose to use a chair for assistance or not. A great way to maintain or improve your flexibility.

**IA SS Strength Train Together:** Maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights, and bodyweight.

**IA FF SS Strong In 30:** This class is a condensed Strength Train Together. You get a full body workout using the STT equipment in 30 minutes.

**IA FF SS PICKLEBALL:** A fun sport that combines many elements of tennis, badminton, and ping-pong. Meet up with friends to play a friendly game! You must set up and take down the nets please.

**FF SS SilverSneakers EnerChi:** you can expect to move through a slow, flowing sequence as you shift your weight front to back and side to side. You'll need open space and an optional sturdy chair for support.

**IA SS Zumba:** A total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility. This workout mixes low intensity moves with high intensity moves for an interval style, calorie burning dance fitness party.

**IA SS Defend Together:** is an exciting cardio workout fueled by MMA moves from inside and outside the octagon. It borrows training styles from MMA, kickboxing, Muay Thai, karate, functional athletic training and more. **Defend Together** is for anyone wanting a unique, challenging, and athletic workout.

**FF SS Drumming Alive:** Using rhythm as the source of inspiration, Drumming combines the benefits of a traditional physical fitness program with cognitive health at all life stages.

**IA SS STEP It Up:** STEP aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

SS

**Starting Strong:** These classes are great for beginners just getting into a workout routine! Challenging yet scalable for all fitness levels so you can start strong and continue to progress over time.

IA

**Inner Athlete** These classes are for the intermediate to advanced exerciser. Become fitter, faster, and stronger with these high intensity workouts!

FF

**Forever Fit:** These classes are challenging yet recognize the exercise needs of 60+ adults. Low impact and functional movements give you a workout that's easier on the body while still being effective. Improve strength, balance, endurance, and flexibility.

