



# SPRING 2024

## GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (12)	Becca	Multipurpose Room
7-9am	Pickleball	-	North Court
8:00am	Aquanastics (R)	Erin	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
10am-12pm	PICKLEBALL	-	North Gym
5:15pm	Strong In 30 (12)	Trista	Multipurpose Room

### TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7-9am	Pickleball	-	North Court
8:30am	Strong In 30 (12)	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	South Gym
9:20am	Deep Stretch Yoga	Erin	Multipurpose Room
10:00am	ForeverWell Strength Circuit	Anita	Fitness Center
10:00am	Drum Fit (12)	Erin	Multipurpose Room
10am-12pm	PICKLEBALL	-	North Gym
4:15pm	Strength Train Together (12)	Christy	Multipurpose Room
6:30pm	ZUMBA	Hector	Multipurpose Room

### WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7-9am	Pickleball	-	North Court
8:00am	Aquanastics (R)	Erin	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
10am-12pm	PICKLEBALL	-	North Gym
2:00pm	Vinyassa Yoga	John	Multipurpose Room
4:15pm	Cardio Kickboxing (Defend Together)	Christy	Multipurpose Room
5:15pm	Strong In 30 (12)	Trista	Multipurpose Room

### THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30am	Simply Fit	Angela	South Gym
7-9am	Pickleball	-	North Court
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
10am-12pm	PICKLEBALL	-	North Gym
4:15pm	Strength Train Together (12)	Christy	Multipurpose Room
6:30pm	ZUMBA	Hector	Multipurpose Room

### FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (12)	Becca	Multipurpose Room
7-9am	Pickleball	-	North Court
8:00am	Aquanastics (R)	Erin	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Drum Fit (12)	Erin	Multipurpose Room
10am-12pm	PICKLEBALL	-	North Gym

# 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, with no limit to the number of participants.
- IA 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 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 Chair 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 S 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.
- 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 Cardio Kickboxing:** 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 Drum Fit:** 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 Simply Fit:** This class is suited for all levels of fitness. Simply Fit utilizes simple, low impact anaerobic exercises with bodyweight and weighted resistance training. This class is similar to a beginner bootcamp style.
- FF SS Deep Stretch Yoga:** Deep stretch yoga aims to lengthen muscles, alleviate stiffness, and enhance overall flexibility. It is particularly beneficial for individuals with tight muscles or limited mobility due to stress, sedentary lifestyles, or underuse of specific muscle groups.
- IA SS Vinyasa Yoga:** Vinyasa Yoga is a popular contemporary style of yoga that seamlessly links movement and breath.

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.