



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-ACY

Winter 2018

January 2nd-April 15th

MONDAY		TUESDAY		WEDNESDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:15-6:00AM	Cardio Strength Fusion-AS	5:05-5:35AM	TRX-AS \$	5:15-6:00AM	Cardio Strength Fusion-AS
6:20-6:50AM	Strength and Resistance Express-AS	5:15-6:00AM	Group Cycling-WR	6:20-6:50AM	Strength and Resistance Express-AS
7:00-7:45AM	Slow Flow Yoga-WP	5:45-6:30AM	Strength and Resistance-AS	7:00-7:45AM	Slow Flow Yoga-WP
		7:00-7:45AM	Zumba Gold-AS		
		7:45-8:30AM	Simply Fit-AS		
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
7:45-8:30AM	SilverSneakers Classic-RO	8:00-8:45AM	Hatha Yoga-WP	7:45-8:30AM	SilverSneakers Classic-RO
8:30-9:15AM	Group Cycling-WR	8:30-9:15AM	Group Cycling-WR	8:30-9:15AM	Group Cycling-WR
8:30-9:30AM	Cardio Strength Fusion-AS	8:35-9:15AM	Strength and Resistance-AS	8:30-9:30AM	PiYo Live-AS
8:40-9:25AM	SilverSneakers Classic-RO	9:00-10:00AM	Power Vinyasa Yoga-WP	8:40-9:25AM	SilverSneakers Classic-RO
		9:30-10:30AM	Bootcamp-AS	9:45-10:45AM	Zumba-AS
				10:00-10:45AM	Simply Fit-WP
Lunch Hour Classes		Lunch Hour Classes		Lunch Hour Classes	
NOON-1:00PM	Power Hour-AS	11:00-11:45AM	Treadmill Strength-WC NEW TIME!	NOON-12:45PM	Group Cycling-WR
NOON-12:45PM	Group Cycling-WR			NOON-1:00PM	Y Fit- AS \$
12:05-12:50PM	Tai Chi Easy-WP				
Evening Classes		Evening Classes		Evening Classes	
5:30-6:30PM	Zumba-AS	6:15-7:15PM	Pilates/Yoga Fusion-AS	5:30-6:15 PM	Group Cycling-WR
5:30-6:15PM	Group Cycling-WR			5:30-6:30PM	Zumba-AS
6:00-7:00PM	Yoga Basics-WP			6:00-7:00PM	Yoga Basics-WP
7:15-8:15PM	Yoga for Men-AS			6:45-7:45PM	Yoga for Men-AS
THURSDAY		FRIDAY		SATURDAY	
Early Morning Classes		Early Morning Classes		Morning Classes	
5:05-5:35AM	TRX-AS \$	5:30-6:15AM	Cardio Strength Fusion-AS	7:30-8:15AM	Group Cycling-WR
5:15-6:00AM	Group Cycling-WR	6:15-7:15AM	Power Vinyasa Yoga-WP	8:15-9:15AM	Pilates/Yoga Fusion-AS
7:45-8:30AM	Simply Fit-AS	7:00-7:45AM	Zumba Gold-AS		
Mid Morning Classes		Mid Morning Classes			
8:00-8:45AM	Hatha Yoga-WP	8:15-9:00AM	Simply Stretch-WP		
8:35-9:15AM	Strength and Resistance-AS	8:30-9:30AM	Zumba-AS		
9:00-10:00AM	Power Vinyasa Yoga-WP	8:30-9:15AM	Group Cycling-WR		
9:30-10:30AM	Bootcamp-AS	10:00-11:00AM	Tai Chi For Balance-WP		
Lunch Hour Classes		Lunch Hour Classes		SUNDAY	
		NOON-1:00PM	Power Hour-AS	Morning Classes	
				7:45-8:45AM	Bootcamp-AS NEW!
				9:15-10:15AM	Retro Cardio-AS
Evening Classes		Evening Classes			
6:15-7:00PM	Kettlebell-RO	5:30-6:30PM	Zumba- AS		
6:15-7:15PM	Pilates/Yoga Fusion-AS				
FITNESS KEY					
\$ - Paid classes		AS-Aerobic Studio	WC-Wellness Center	*This schedule is subject to change, please check the APP, website or Facebook for any changes.	
# - High capacity classes		WP-White Pine Room	WR-Willow Room (Cycling Studio)		
BOLD - Registration Required		RO-Red Oak Room	O-Outdoor		

Class Guidelines

If less than 3 people show up for a class, the instructor may not teach class that day.

If less than 5 people show up for a class for two consecutive weeks, class may be cancelled for the remainder of the session.

Revised-1/23/18

Group Fitness Class Descriptions

BOOTCAMP- Incorporates Boot Camp-style cardio - strength drills designed to help you reach your fitness goals. Athletic, strength, power and sports conditioning moves burn the most amount of calories, while sculpting a fit body.

CARDIO STRENGTH FUSION- Workout may include hi/lo aerobics, STEP or circuits. Strength training exercises will also be incorporated through the use of weights, stability balls and tubing.

GROUP CYCLING CLASSES- Get fit or stay fit! Join in the fun for a non-impact Cardio workout for all abilities. Bring water bottle to class. New Riders come 5-10 min. before class!

HATHA YOGA- Hatha Yoga is the umbrella of yoga styles. The goal is to achieve balance by mastering control over the physical body. Hatha yoga prepares one for more meditation type yoga classes.

KETTLEBELL- Looking for something new and exciting? This class will increase your cardiovascular and muscular endurance, strength, and balance, while giving you a total body workout. Great for strengthening your posterior chain of muscles. Suitable for the intermediate to advanced exerciser.

PILATES/YOGA FUSION - Get the core strengthening of Pilates combined with the flexibility and stability gained through yoga.

PIYO™ LIVE - PiYo is a strength workout using a unique combination of strength conditioning, flexibility, and dynamic balance with hints of Yoga and Pilates. Fun music and rhythmic choreography.

POWER HOUR - High intensity cardio strength intervals with an emphasis on body weight, core and plyometrics. Intermediate level class.

POWER VINYASA YOGA- Experience shifts energetically, muscularly, mentally and emotionally. A vigorous series of poses which flow from one pose to the next incorporating breath, gaze and abdominal control.

RETRO-CARDIO- Return to the burn of intense cardio, toning & core with the "cool" music of the 80'/90's. Break out your neon clothes/leg warmers and join us for a "totally tubular" time!

SilverSneakers Classic - Move to the music through a variety of exercises to increase muscular strength, range of movement and activities for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SIMPLY FIT- AOA Friendly-Class suited for all levels of fitness. Utilizes simple, low impact aerobic choreography, resistance training, mind/body techniques, and stretching to deliver a total body workout.

SIMPLY STRETCH- This class may include a series of seated and standing yoga poses. Chairs are provided to help safely perform poses designed to increase balance, flexibility, and range of movement.

SLOW FLOW YOGA - Enjoy a gently-paced flow of yoga poses –pausing to focus on breath and body-mind control. Increase your strength, flexibility and balance. Excellent yoga choice for beginners and seniors!

STRENGTH AND RESISTANCE - Learn the basics of weight training, reduce body fat, and improve bone density using hand held weights, body bars, tubing and stability balls.

STRENGTH AND RESISTANCE EXPRESS - All of the fun of a 45 minute Strength and Resistance class in just 30 minutes!

Tai Chi for Better Balance- A falls prevention program that uses the principles and movements of Tai Chi in helping individuals improve their balance and increase their confidence in doing everyday activities.

Tai Chi Easy - Qigong Methods - Cultivate healthy longevity and inner tranquility through four essential Qi methods: postural alignment and gentle movement, breath practice, self-applied massage, and relaxation and meditation practices.

TREADMILL STRENGTH- Get a great cardio workout in the treadmill and a variety of strength training exercises for a total body workout.

TRX® TRAINING - TRX® Suspension Training will build strength, balance, flexibility and core stability through unique and challenging exercises.

Y-FIT- Y Fit is a progressive class that includes rounds of core, strength and cardio blasts. This training will get you results!

YOGA BASICS- Yoga Basics is a beginner class that provides a slower paced program with more description and commentary accompanying each asana or posture.

YOGA FOR MEN- This is a men's only yoga class that will teach you yoga to make you stronger. This class will focus on longer pose holds to increase flexibility.

ZUMBA® - Combines motivating high-energy music with unique moves and combinations. Based on the principle that a workout should be "FUN AND EASY TO DO."

ZUMBA GOLD® - Latin dance for the Active Older Adult and the beginner participant.