



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-ACY

Fall 2018

September 4-December 23

*Holiday Fitness with a Friend Week(s): Nov.19-25 & Dec.24-31

MONDAY		TUESDAY		WEDNESDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:15-6:00AM	Strength and Resistance-AS- Amanda	5:05-5:35AM	TRX-AS \$ Cheri	5:15-6:00AM	Cardio Strength Fusion-AS- Amy
7:00-7:45AM	Slow Flow Yoga-AS Michelle M	5:15-6:00AM	Group Cycling-WR Amy Z	6:05-6:45AM	Strength and Resistance-AS Stacey
		6:15-7:15AM	Power Vinyasa Yoga-WP Pam	7:00-7:45AM	Slow Flow Yoga-AS Michelle M
		7:00-7:45AM	Zumba Gold-AS Michelle M		
		7:50-8:35AM	Simply Fit-AS Ann		
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
7:45-8:30AM	SilverSneakers Classic-RO Abbie G	8:00-8:45AM	Hatha Yoga-WP Jessica	7:45-8:30AM	SilverSneakers Classic-RO Abbie G
8:40-9:25AM	SilverSneakers Classic-RO Cassie	9:00-10:00AM	Power Vinyasa Yoga-WP Jessica	8:40-9:25AM	SilverSneakers Classic-RO Maria
9:00-9:45AM	Cardio Strength Fusion-AS Ashley R	8:30-9:15AM	Group Cycling-WR Carla G	8:30-9:30AM	PiYo-AS Laura
8:45-9:30AM	Group Cycling-WR Tammy	8:40-9:20AM	Strength and Resistance-AS Jennifer	8:30-9:15AM	Group Cycling-WR Tim
		9:30-10:30AM	Bootcamp-O Nick	9:45-10:45AM	Zumba-AS Abbie D
				10:00-10:30AM	Kids Fitness-WP Michelle M
Lunch Hour Classes		Afternoon Classes		Lunch Hour Classes	
NOON-1:00PM	Power Hour-AS Mel	4:15-5:00PM	Hatha Yoga-WP Dawn	NOON-12:45PM	Group Cycling-WR Amanda
12:05-12:50PM	Tai Chi Easy-WP Jill				
Evening Classes		Evening Classes		Evening Classes	
5:30-6:30PM	Cycling Bootcamp-WR Angela/Kimberly	5:30-6:15PM	Group Cycling-WR Angela	5:30-6:15PM	Group Cycling-WR Gail
6:00-7:00PM	Yoga Basics-WP Kristin	5:15-6:00PM	Cardio Strength Fusion-AS Carla J	6:00-7:00PM	Yoga Basics-WP Paula
6:45-7:45PM	Yoga for Men-AS Pam	5:15-6:15PM	Pilates/Yoga Fusion-WP Anna	6:45-7:45PM	Yoga for Men-AS Pam
THURSDAY		FRIDAY		SATURDAY	
Early Morning Classes		Early Morning Classes		Morning Classes	
5:05-5:35AM	TRX-AS \$ Cheri	5:15-6:00AM	Strength and Resistance-AS Carly	7:30-8:15AM	Group Cycling-WR Varies
5:15-6:00AM	Group Cycling-WR Amy Z	6:15-7:15AM	Power Vinyasa Yoga-WP Pam	8:15-9:15AM	Pilates/Yoga Fusion-AS Anna/Paula
7:50-8:35AM	Simply Fit-AS Kelly	7:00-7:45AM	Zumba Gold-AS Michelle		
Mid Morning Classes		Mid Morning Classes			
8:00-8:45AM	Hatha Yoga-WP Noel	8:15-9:00AM	Simply Stretch-WP Ann		
9:00-10:00AM	Power Vinyasa Yoga-WP Noel	7:50-8:35AM	Simply Fit-AS Jennifer		
8:40-9:20AM	Strength and Resistance-AS Amanda	8:40-9:20AM	Strength and Resistance-AS Jennifer		
9:30-10:30AM	Bootcamp-O Nikki	8:30-9:15AM	Group Cycling-WR Stacey		
		9:45-10:45AM	Zumba-AS Abbie D		
		10:00-11:00AM	Tai Chi for Better Balance-WP Jill		
Afternoon Classes		Lunch Hour Classes		SUNDAY	
4:15-5:00PM	Hatha Yoga-WP Dawn	NOON-1:00PM	Power Hour-AS Mel	Morning Classes	
Evening Classes				9:00-10:00AM	Power Vinyasa Yoga-WP Amy
5:15-6:15PM	Pilates/Yoga Fusion-AS Anna				
5:30-6:15PM	Y Groove Cycle-WR Kim				
Fitness Key					
\$ - Paid classes # - High capacity classes BOLD - Registration Required		AS-Aerobic Studio WP-White Pine Room RO-Red Oak Room	WC-Wellness Center WR-Willow Room (Cycling Studio) O-Outdoor	*This schedule is subject to change, please check the APP, website or Facebook for any changes.	

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-10/3/18

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.

CYCLING BOOTCAMP-Interval training on and off the bike, creating a complete fitness experience, alternating cardio on the bicycle with body weight floor work. Recommended to wear cross trainer athletic shoes.

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!

STRONG by Zumba®- is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals.

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 GROOVE CYCLE- Get your Groove Cycle on! Join in the fun for a non-impact Cardio workout for intermediate levels. It's a Cardio Party with high-energy music!

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.

KIDS FITNESS-An instructor-led fitness class designed for ages 3-6 that will keep your kids active this fall.