

# Group Exercise Schedule

Effective December 1

## Key: Class Locations & Class Abbreviations

**Pool** CS = Cycle Studio      TBC = Total Body Conditioning  
 MBS = Mind Body Studio  
 GES = Group Exercise

## Sachs Recreation Center Hours:

Monday-Friday: 5am-9pm  
 Saturday: 7am-5pm  
 Sunday: 7am-3pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am <b>Group Cycle</b> Carol/Selima - CS	<b>NEW!</b> 5:45-6:45am <b>TBC</b> Amy K. - GES	5:45-6:45am <b>Warrior</b> Amy K. - GES	6-7am <b>Group Cycle</b> Carol - CS	6-7am <b>Yoga</b> Steve - MBS	5:45-6:45am <b>TRX Bootcamp</b> Amy K. - GES	7:15-8:15am <b>Group Cycle</b> Carol - CS
9-10am <b>Yoga</b> Steve/Nicole - MBS	9-10am <b>Group Cycle</b> Ellen - CS	6-7am <b>Vinyasa Yoga</b> Tatiana - MBS	9-10am <b>Full Body Strength</b> Ellen - GES	7:30-8:30am <b>Tabata &amp; More</b> Nancy - GES	9-10am <b>Group Cycle</b> Ellen - CS	8:15-9:30am <b>Power Yoga</b> Steve - MBS
9-9:50am <b>Full Body Strength</b> Lucy - GES	9-9:45am <b>Aqua</b> Amy H. - Pool	7:30-8:30am <b>HIIT</b> Nancy - GES	10:15-11:15am <b>WERQ</b> Lee - GES	7:45-8:45am <b>Group Cycle</b> Carol - CS	9-10am <b>TRX Bootcamp</b> Amy K. - GES	9-10am <b>Tabata &amp; More</b> Jodi - GES
10-10:50am <b>Zumba</b> Lucy - GES	9-9:55am <b>Pilates Fusion</b> Sheri - GES	9-10am <b>Barbell</b> Ellen - GES	5:30-6:30pm <b>Yin Yoga</b> Selima - MBS	8:30-9:45am <b>Yoga Tone</b> Nicole - MBS	<b>NEW!</b> 9-10am <b>Qigong &amp; Yoga</b> Lisa - MBS	9:30-10:30am <b>Gentle/Beg. Yoga</b> Steve - MBS
	10-10:45am <b>Stretch It Out</b> Sheri - GES	9-9:45am <b>Aqua</b> Amy - Pool	5:30-6:30pm <b>Pulse Barre</b> Lee - GES	9-10am <b>TBC</b> Sheri - GES		10:15-11am <b>WERQ</b> Lee - GES
	10-11am <b>Gentle/Beg. Yoga</b> Steve - MBS	6:15-7:30pm <b>Yoga</b> Steve - MBS		9-9:45am <b>Aqua</b> Amy - Pool		11:10-11:55am <b>Pulse Barre</b> Lee - GES
	11:15am-12pm <b>Chair Yoga</b> Steve - MBS	7:30-8:15pm <b>Yin Yoga</b> Steve - MBS		10-10:30am <b>Core</b> Sheri - GES		12:15-1pm <b>Aqua</b> Amy H. - Pool
	<b>NEW!</b> 4:30-5:30pm <b>TBC</b> Jodi - GES			<b>NEW!</b> 4:30-5:30pm <b>TBC</b> Kendall - GES		
	6-7pm <b>Gentle/Beg. Yoga</b> Pat - MBS			6:00-7:00pm <b>Yoga</b> Tatiana - MBS		
	7-8:30pm <b>Continuing Yoga</b> Pat - MBS					



# Group Exercise Class Descriptions

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**Aqua:** This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

**Barbell:** Challenge your muscular strength with a bar while integrating muscular endurance with balance and coordination.

**Chair Yoga:** Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

**Continuing Yoga:** This class is designed to grow your practice of yoga. Beginning postures will be reinforced and new postures introduced.

**Core:** Class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. The instructor may include a variety of equipment in this great workout. Enjoy a quick class focused on strengthening the core.

**Full Body Strength:** Challenge your muscles in every possible way using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy to follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout.

**Gentle/Beginning Yoga:** This class will feature simple stretches and postures to improve flexibility and overall good health along with relaxation and breath awareness. This class is designed for students who want to enjoy yoga in an easy, slow-paced practice.

**Group Cycle:** Lead through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training..

**HIIT:** HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. This class combines resistance training with plyometric moves to improve your strength and power.

**Pilates Fusion:** Incorporates exercises from different workout styles—including barre, yoga, strength training, cardio, and dance—to give a modern twist to Mat Pilates. Similar to Mat Pilates, this style has a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles.

**Power Yoga:** Focused on increasing heart rate and burning calories through a full-body workout.

**Pulse Barre:** This class is a total body workout that slims your hips, tightens your thighs, lifts your seat and mobilizes your metabolism utilizing ballet movements, intelligent isometrics, challenges in rhythm, range of motion and progressive core training. Your body heals, tightens, strengthens, so you look, feel and move better!

**Qigong & Yoga:** This class will mix traditional yoga and qigong. An ancient Chinese system of coordinated physical postures, movement, breathing techniques and meditation that is designed to promote health, spirituality, and physical fitness.

**Stretch It Out:** Class is designed to help stretch and lengthen the body. Participants will learn to use props such as bands, Pilates rings, and the much-needed foam roller. Come to learn how to better stretch on your own!

**Tabata & More:** This high intensity interval training class will focus on combinations of strength and cardio intervals using the Tabata format of training. Each exercise requires 20 seconds of work followed by 10 seconds of rest repeated 8 times. This class is a perfect fusion of strength and cardio to give you a full-body workout.

**Total Body Conditioning:** Get it all when you join us for this spectacular blend of cardio and strength training.

Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.

**TRX Bootcamp:** This class takes your workout to a whole new level utilizing the TRX suspension trainer along with additional tools (will vary week to week) to build total body strength and cardiovascular endurance while increasing flexibility and challenging your core all at the same time.

**Warrior:** This high energy workout has participants working circuit style. Concept2 Bike ERG and Water Rowers will be the staples in this class. Instructor will use other fitness toys (battle ropes, kettlebells, sand bells, etc.) based on the plan for you that day.

**WERQ:** This wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

**Vinyasa Yoga:** You'll flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement and build strength and endurance as you push the edge of your balance and flexibility.

**Yin Yoga:** Relax, strengthen and soothe the mind. Focus in on flexibility, balance, and strength through postures and breathing. Beginners through Level II.

**Yoga:** This class incorporates yoga postures, gentle movement sequences, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the body and quieting of the nervous system.

**Yoga Tone:** Traditional Yoga poses combined with light weights for definition and tone with a focus on breathwork and alignment all set to energizing music for a full body workout.

**Zumba:** Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.