

Group Exercise Schedule

Effective January 1

Key: Class Location

CS = Cycle Studio

GES = Group Exercise Studio

MBS = Mind Body Studio

Pool = **Pool**

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 Group Cycle Carol/Bill CS	5:45-6:45am Total Body Conditioning Amy K. - GES	5:45-6:45am Warrior Amy K. - GES	6-7am Group Cycle Carol - CS	7:30-8:30am Tabata & More Nancy - GES	5:45-6:45am TRX Bootcamp Amy K. - GES	7:15-8:15am Group Cycle Carol - CS
9-10:15am Yoga Steve - MBS	9-9:50am Group Cycle Ellen - CS	7:30-8:30am HIIT Nancy - GES	9-10:15am Vinyasa Yoga Steve - MBS	7:45-8:45am Group Cycle Carol - CS	9-10am Group Cycle Ellen - CS	8-8:50am Dance Fusion Debbie - GES
9-9:50am Full Body Strength Leah GES	9-9:45am Aqua Amy H. - Pool	8:30-9:45am Yoga Tone Nicole - MBS	9-10am Full Body Strength Ellen - GES	8:30-9:45am Yoga Tone Nicole - MBS	9-10am TRX Bootcamp Amy K. - GES	9-10:00am Vinyasa Yoga Kelly - MBS
10-10:50am WERQ Leah - GES	9-9:50am Pulse Barre Lee - GES	9-10am Warrior Jodi - GES	10:15-11:15am WERQ Lee - GES	9-10am Total Body Conditioning Sheri - GES	9-9:45am Qigong Lisa D. - MBS	9-10am Tabata & More Jodi - GES
	10-10:45am Mat Pilates Ellen - GES	9-9:45am Aqua Amy H. - Pool	10:15-11am Aqua Amy H. - Pool	9-9:45am Aqua Amy H. - Pool	10-11am Yoga Lisa D. - MBS	10:15-11:15am Gentle Flow Kelly - MBS
	10-11am Gentle/Beginning Yoga Steve - MBS	NEW! 4:30-5:15pm Core Leah - MBS	5-6pm Pulse Barre Lee - GES	10-10:30am Core Sheri - GES		10:15-11am WERQ Lee - GES
	11:15am-12pm Chair Yoga Steve - MBS	6:15-7:30pm Yoga Steve - MBS		4:30-5:30pm Total Body Conditioning Leah - GES		11:10-11:55am Pulse Barre Lee - GES
	4:30-5:30pm Total Body Conditioning Kendall - GES	7:30-8:15pm Yin Yoga Steve - MBS		6:00-7:00pm Yoga Kelly - MBS		12:15-1pm Aqua Amy H. - Pool
	6-7pm Gentle/Beginning Yoga Pat - MBS					
	7-8:30pm Continuing Yoga 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.

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.

Dance Fusion: Dance Fusion is new and different, yet familiar and easy to follow. We combine cardio dance and strength based moves to create a fun and musical total workout. Three dimensional, total body moves are incorporated to lubricate joints, and create flexibility and tone. Plus, tension is released and endorphins are produced, providing a sense of well-being

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.

Gentle Flow: Incorporates simple flowing sequences to warm up the body, as well as slower-paced movements focusing on alignment, strength, focus and flexibility. Geared towards anyone looking for gentle practice or new to yoga.

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.

Mat Pilates: This Pilates workout is mat-based and will sculpt your muscles from head to toe. Class will focus on stabilizing the core, improving posture and strengthening the total body!

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

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 staple 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.