December 2022 Group Exercise Schedule

**MONDAY**
- Yoga 8:00 am - 9 am
  - Robin
- Tai Chi 10 am - 11 am
  - Jane
- Les Mills Grit 5:15 pm - 5:45 pm
  - Ashley
  - Registration Required
- Zumba 6:00 pm - 7:00 pm
  - Elsa

**TUESDAY**
- Yoga Stretch 9:00 am - 10:00 am
  - Larissa
- Les Mills BodyPump 5:30 pm - 6:30 pm
  - Lisa
- Hip Hop Fit 6:30 pm - 7:30 pm
  - Tameekah

**WEDNESDAY**
- Yoga 8:00 am - 9 am
  - Robin
- Silver Sneakers Classic 10:30 am - 11:30 am
  - Jean
- Zumba 9:00 am - 10:00 am
  - Jean
- Yoga Stretch 10:30 am - 11:30 am
  - Jean
- Les Mills BodyPump 9:00 am - 10:00 am
  - Larissa

**THURSDAY**
- Interval Training 9:00 am - 10:00 am
  - Fatima
- Silver Sneakers Yoga Stretch 10:30 am - 11:30 am
  - Jean
- Les Mills Grit 5:15 pm - 5:45 pm
  - Ashley
  - Registration Required

**FRIDAY**
- Zumba 9:30 am - 10:30 am
  - Fatima
- Les Mills BodyPump 9:00 am - 9:45 am
  - Ashley
  - Registration Required

**SATURDAY**
- Les Mills BodyPump 5:30 pm - 6:30 pm
  - Lisa
- Adaptability in Martial Arts for Adults 5 pm - 6 pm
  - Henry
- Adaptability in Martial Arts for Adults 11 am - 12 pm
  - Henry

**SUNDAY**
- Hip Hop Fit 10:00 am - 11:00 am
  - Tameekah
- Silver Sneakers Classic Yoga Stretch 10:30 am - 11:30 am
  - Jean
- Les Mills Grit 5:35 pm - 5:45 pm
  - Ashley
  - Registration Required

**STUDIO 1**
- Cycle 5:30 am - 6:00 am
  - Kristin
  - Registration Required
- Les Mills Sprint 5:30 - 6:30 am
  - Robin
- Adaptability in Martial Arts for Adults 5 pm - 6 pm
  - Henry
- Les Mills Grit 5:35 pm - 5:45 pm
  - Ashley
  - Registration Required

**STUDIO 2**
- Cycle 5:30 am - 6:00 am
  - Kristin
  - Registration Required
- Les Mills Sprint 5:30 - 6:30 am
  - Robin
- Cyce 5:00 pm - 5:45 pm
  - Ashley
  - Registration Required
- Les Mills Sprint 5:30 - 6:00 pm
  - Hanoi

**POOL**
- Water Aerobics 9:00 am - 10:00 am
  - Tracey
  - Shallow End
- Deep Water Workout 3 - 4 pm
  - Erica
- Aqua Fit 5:30 pm - 6:25 pm
  - Erica
ADAPTABILITY IN MARTIAL ARTS FOR ADULTS
Sensei Henry Tow, 7th degree Black Belt is introducing a new program for the older student that focuses on health and well-being. This class will adapt Karate exercises focused on training the mind and body on balance, muscle coordination and awareness.

CARDIO DANCE
This class fuses musical rhythms and choreographed dance moves together to create a dynamic workout that’s designed for fun—and a good workout! Moving to the music allows your mind to relax while your body is in constant motion.

CHAIR YOGA
This class helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress all while seated in a chair! Focusing on breathing exercises, stretching, yoga postures, and final relaxation.

CYCLE
This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

CYCLE & CIRCUIT
This class is an on and off the bike workout. The class begins with a warm-up and first cycle song, then the intervals alternate between being on and off the bike as the segments focus on cardio and strength exercises.

HIP HOP FIT
Blood pumping music and high energy aerobic exercise—this class combines dance moves with energetic music to help burn calories and increase cardiovascular endurance. The use of weights may be incorporated.

INTERVAL TRAINING
This class incorporates a combination of cardio and strength circuits with periods of cardio burst that will leave you wanting more. All levels welcome! Bring your water and lets go!

LES MILLS GRIT®
Grit is a 30 minute high intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

LES MILLS BODYPUMP®
The ideal workout for anyone looking to get lean, toned and fit—fast. Using light to moderate weights on a barbell with lots of repetition, BODYPUMP gives you a total body workout. It will sure burn calories.

LES MILLS SPRINT®
This is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It’s a quick and hard style of training that returns rapid results with minimum joint impact.

SENIOR STRENGTH
This class will focus on total body and core strength while incorporating balance moves and stretches. It is the perfect way for all seniors to improve overall flexibility and strength while increasing their balance and stability. This class may be done seated or standing and may utilize a variety of equipment.

TAI CHI
This is a low impact exercise that promotes health and longevity. Benefits include improved balance, lower blood pressure, strength building, and stress reduction. Join us in the “accessible to everyone” exercise class.

YOGA STRETCH
This class will lead you through a Vinyasa yoga sequence focused on opening the hips, quads and hamstrings, while also providing poses to strengthen your core and improve your balance.

ZUMBA®
This is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training—Alternating fast and slow rhythms—to help improve cardiovascular fitness.