

MARCH 2023

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SPIN AND SCULPT/ HIIT 5:30 AM MEGAN	KETTLEBELL 5:45 AM DAVID	Spin and Core 5:30 AM MEGAN	KETTLEBELL 5:45 AM DAVID
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM JEAN	BOOTCAMP/FREESTYLE 8:00 AM MANDY	DANCE AEROBICS 8:00 AM JEAN	
YOGA 9:00 AM ANGIE/ MEGAN	Explore Yoga 9:00AM RHIANNA 9:00AM DENISE	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
SILVERSNEAKERS 10:00AM MEGAN/ JILL/ SUELLEN	TAI CHI 10:00AM BONNIE	SENIOR FITNESS 10:00 AM CAROL ANN	SILVERSNEAKERS 10:00AM MEGAN/ JILL/ SUELLEN	SENIOR FITNESS 10:00AM CAROL ANN
CARDIO KICK 12:00 PM PAM	GROUP POWER 12:00 PM MANDY	RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk!	GROUP POWER 12:00 PM PAM	YOGA CORE 12:00 PM MEGAN
	SCULPT 1:00 PM PATTY	SCULPT 1:00 PM PATTY		
ZUMBA!! 4:30pm MEGAN	SCULPT 4:30PM DAWN		Kettlebell 4:30PM LISA	
	HEATED YOGA 5:45PM DAWN		GROUP POWER 5:30 PM MANDY	
GROUP POWER 6:30 PM MANDY	NEW/CANCELLED CLASS ALERT: Be sure to check out the yellow sections on calendar!!!			

SPIN AND SCULPT--- DENISE PHILLIPS

This is a group exercise class combining stationary bikes and weights. During the class, the instructor simulates hill climbing, sprints, and races. You will be kept motivated by the instructor, the people around you, and the music. Get prepared for a great workout! Water and towels are a must!

KETTLEBELL---DAVID LEARD

For those new to Kettlebell training. A great class for cardiovascular, core and functional strength all in one workout.

SENIOR FITNESS/SILVERSNEAKERS---MEGAN, JILL, SUELLEN, CAROL ANN

This class is primarily for our older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, exercise tolerance and mobility. We use hand held weights, elastic tubing with handles and a SilverSneakers ball and a chair is used for seated or standing support.

DANCE AEROBICS ----- JEAN KIDD

A dance exercise class that is good for your body and your brain. Simple dance steps are taught to music designed to lead participants through a warm-up, a cardiovascular workout, and a cool down phase. Strengthening and stretching are also part of the hour long class. Music and step combinations change after each 10-week sessions. Moving to music makes exercise fun.

BOOTCAMP/FREESTYLE---MANDY FLOYD

This class is designed for all levels. Every exercise can be modified to fit your physical need. A great combination of cardio, strength and endurance.

SCULPT ----- PATTY NORMAN

A 50 minute circuit workout where you use different muscles that will blast fat and tone your entire body.

YO FLEX----- TINA HOWARD

Basic standing yoga poses focusing on repetition and breath combination, followed by 10 minutes of balance work, closing out with Pilates then stretching. Tones, balances and sculpts the body while increasing flexibility.

BODY SCULPT/BOOTCAMP---MANDY FLOYD

Body sculpting and core conditioning using free weights, bars and bands. Body toning with light aerobic activity, squats, lunges, abdominal work.

YOGA---ANGIE PUTMAN

This class lets your body be your guide. No single pose is required and modifications are available for every pose letting you determine when you're more flexible or ready for more challenging poses.

TAI CHI---BONNIE KELEMEN

Qigong and Tai Chi is an internal Chinese martial art practiced for Mind and Body health which use slow graceful movements and controlled breathing techniques that strengthen your mind, body connection, reduces stress, promotes serenity and improves circulation thereby enhancing the practitioner's overall health.

GROUP POWER---MANDY FLOYD, and PAM KAVULIC

A results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

EXPLORE YOGA---RHIANNA VOGAN

Have you ever wanted to try Yoga but felt nervous about being a complete beginner? Then this class is for you! Each class will be a bit different. We will practice different styles of yoga and meditation, while learning how to do key poses.

FUSION (MUSCLE MEETS YOGA)---DAWN HINSHAW

Heart-pumping, ultimate full body workout using: gliders, resistance bands, benches, dumb bells and the body bar, you will lengthen and tone your body and create long, lean, strong functional muscles that will compliment all lifestyle activities. Wear shoes and socks and bring your yoga mat. This class is for all levels.

CARDIO KICK ---PAM KAVULIC

Take your fitness to another level with this awesome combination of cardio mixed with punches, jabs and kicks. A class designed for all fitness levels to get the heart rate up and body moving.

HEATED SLOW FLOW---DAWN HINSHAW

This class offers a **deliberate and slower-paced Vinyasa Flow**. It is ideal for yogis just starting out or those that want to spend a little more time with their practice, postures and alignment for a deeper exploration of the body, mind and breath connection. This class is for all levels.

YOGA CORE ---MEGAN SMITH

This class focuses on core rehabilitation and conditioning followed by a core focused strength- flow and stretch for an overall toned and balanced body.

SPIN + CORE- MEGAN SMITH

A cardio blast paired with toning and strengthening of the entire core make for a great way to start your morning and rev your metabolism

ZUMBA!- MEGAN SMITH

Get ready for the Cardi- Party! Fun up-beat music and easy to follow rhythms will have you blasting calories before you even know it! Get ready to sweat! And Have a GREAT TIME!