



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2024 Group Fitness Schedule (included with membership)*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|
| Lift Rx*** Mary J 5:05-6:00am | HIIT Strength*** Mary J 5:05-6:00am | Lift Rx*** Mary J 5:05-6:00am | HIIT Strength*** Mary J 5:05-6:00am | Lift Rx*** Mary J 5:05-6:00am | |
| | Cycle & Strength**** Mary O 6:05-7:00am | | Cycle & Strength**** Mary O 6:05-7:00am | | |
| Active & Ageless* Marilyn 6:15-7:00am | | Active & Ageless* Marilyn 6:15-7:00am | | Active & Ageless Walking Group* Marilyn 6:00-7:00am | Restorative Yoga** Marilyn 7:30-8:30am |
| Aqua Fit** Mary J 8:00-9:00am | | Aqua Fit** Mary J 8:00-9:00am | | Aqua Fit** Mary J 8:00-9:00am | HIIT 2 Fit**** Sarah L 8:05-9:00am |
| AOA Line Dance* Kim 8:45-9:00am | | AOA Line Dance* Kim 8:45-9:00am | | AOA Line Dance* Kim 8:45-9:00am | |
| Active Older Adults* Kim- SilverSneakers 9:00-10:00am | | Active Older Adults* Kim- SilverSneakers 9:00-10:00am | | Active Older Adults* Kim- SilverSneakers 9:00-10:00am | |
| Deep Water Ex** Jessica- SilverSneakers 9:00-10:00am | Water Up!** Janelle 9:00-10:00am | Deep Water Ex** Jessica- SilverSneakers 9:00-10:00am | Water Up!** Janelle 9:00-10:00am | Deep Water Ex** Jessica- SilverSneakers 9:00-10:00am | Water Up!** Janelle 9:00-10:00am |
| Vinyasa Yoga** Delina 9:00-10:00am | Fuel Dance*** Allie 9:05-10:05am | Vinyasa Yoga** Delina 9:00-10:00am | Fuel Dance*** Allie 9:05-10:05am | Vinyasa Yoga** Delina 9:00-10:00am | Cycle & Strength**** Mary O 9:00-10:00am |
| STRONG Nation@*** Jess 9:00-10:00am | POUND@** Katie 10:15-11:00am | STRONG Nation@*** Jess 9:00-10:00am | POUND@** Katie 10:15-11:00am | Zumba@*** Jess or Sarah S 9:00-10:00am | RIP Rx**** Mary O 10:15-11:15am |
| RIP Rx**** Amanda 11:00am-12:00pm | Strength & Conditioning**** Derek 11:00-12:00pm | RIP Rx**** Amanda 11:00am-12:00pm | Strength & Conditioning**** Derek 11:00-12:00pm | RIP Rx**** Amanda 11:00am-12:00pm | |
| Group Cycling*** Tanis 12:15-12:55pm | RIP Rx**** Mary O 12:00-1:00pm | Group Cycling*** Tanis 12:15-12:55pm | Group Cycling*** NaNa 12:15-12:55pm | Group Cycling*** Tanis 12:15-12:55pm | NEW CLASSES! |
| GenPOUND@* Shelby 4:30-5:15pm | | | | HIIT 2 Fit**** Sarah L 12:00-12:50pm | White= Jane Wold Group Fitness Studio |
| Power Yoga *** Sarah O 4:30-5:30pm | Barre*** Rachel 4:30-5:30pm | Vinyasa Yoga** Mariana 4:30-5:30pm | | | Purple= Bill Daniels Fieldhouse |
| Burn and Build**** Allie 5:30-6:30pm | Restorative Yoga** Marilyn 6:00-7:00pm | Burn and Build**** Allie 5:30-6:30pm | Restorative Yoga** Marilyn 6:00-7:00pm | | Blue= McMurry Fndn or Wold Fndn Pools |
| Aqua Fit** Mary J 6:00-7:00pm | Aqua Fit** Mary J 6:00-7:00pm | Aqua Fit** Mary J 6:00-7:00pm | Aqua Fit** Mary J 6:00-7:00pm | | Green= Orr Family Community Studio |
| Zumba@*** Angel 6:35-7:35pm | POUND@** Angel 7:30-8:15pm | Zumba@*** Angel 6:35-7:35pm | POUND@** Angel 7:30-8:15pm | Zumba@*** Rotating Instructors 6:35-7:35pm | Orange= Kelley Fndn Fitness Zone |
| Barre*** Beth 7:45-8:45pm | | | | | *Low Intensity ****High Intensity |

CARDIO

Cycle and Strength: Cycle & strength provides intense cardiovascular training on the bike, plus off the bike resistance work, to create a stronger, more balanced body.

Group Cycling: Cycle on a stationary, indoor bike for a low-impact, high aerobic workout. The intensity varies between bouts of high cardio sprints, muscle burning hill climbs, and short spurts of active recovery. Class may include a small segment of strength and conditioning. From beginners to advanced, this class is suitable for all!

HIIT Strength: HIIT will push you to new training heights with this cardio based class. The group-exercise adaptation of this workout has been designed to give participants a safe, challenging, and results-driven experience.

POUND®: The workout combines Pilates, isometric movements and plyometrics with constant simulated drumming- all to loud, FUN music. An energizing, infectious workout for all fitness levels, **POUND®** provides the perfect atmosphere for getting energized, toning up and rockin' out!

DANCE

Fuel Dance: A combination of invigorating dance and traditional exercise (squats, lunges, planks, light weights) in one energizing session. Set to a playlist that incorporates a variety of music genres including hip-hop, country, pop, rock, and more. Dance your way to fitness in this powerful class.

Zumba®: Zumba® is a fusion of Latin and International music/dance themes that create a dynamic, exciting workout that should be "FUN AND EASY TO DO!" The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

STRENGTH

Barre: Barre combines the attributes of Pilates, dance, and functional fitness training by incorporating small, isolated movements to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body. This total body workout leaves you mentally strong and feeling accomplished.

Burn and Build: This dynamic class begins with an active warmup leading into circuit style training. Get your muscles firing with a moderate lifting portion utilizing dumbbells, barbells and bodyweight. Sweat out that last bit of stress with an intense cardio portion followed by cooldown/stretch.

HIIT 2 Fit: This fast-paced class combines strength training, plyometrics and cardio while moving through different stations with little rest in between each station. This class will increase muscle strength, endurance, flexibility and coordination. Get ready to feel the burn!

Lift Rx: This power class is designed for optimal success. Each class begins with a warm-up, focus section targeting arms/legs, and a cooldown to give you a full workout in a short amount of time.

Rip Rx: RIP is a barbell program for able-bodied people of all ages and all fitness levels. This full-body workout matches movement to music using traditional strength training.

Strength & Conditioning: HIIT circuit class focusing on strength and conditioning using classic, progressive overload and time under tension strength training.

STRONG Nation®: STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Every squat, lunge & burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

MIND & BODY

Power Yoga: Explore the postures and principles of Vinyasa yoga in an invigorating full-body flow. Set to music and designed to work every muscle while focusing on breath control for an all-encompassing workout.

Restorative Yoga: Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

Vinyasa Yoga: Flowing postures string together using breath to move seamlessly from one to another. Vinyasa classes offer a variety of postures; no two classes are ever alike.

YOUTH

Generation POUND®: Generation POUND® is a MOVEMENT that aims to change the concept of health and fitness for today's **youth ages 6-12**. Get ready to make fitness about self-expression, empowerment, self-love and FUN by introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!

ACTIVE OLDER ADULTS

Active and Ageless: Classes offer a variety and a balanced focus between the importance of cardio and strengthening with overall body conditioning for all fitness levels.

Fridays: Outdoor walking group; dress in layers and for weather conditions. Class will cover approximately 2 miles.

Active Older Adults: SilverSneakers® certified instructor leads a low-impact class with emphasis on cardio and strength for overall functionality utilizing strategic chair exercises. Great class for those just starting a fitness routine, recovering from surgery, or golden agers.

WATER FITNESS (suitable for any fitness level)

Aqua Fit: This low impact class is held in the shallow water & is designed to improve joint stability, mobility, heart health, & strength. Elements of cardio, HIIT, resistance, strength & conditioning will be added on alternating days.

Deep Water Exercise: SilverSneakers® certified instructor leads deep water exercises focusing on improving strength, balance, and flexibility with low impact on the joints.

Water Up!: Enjoy the low impact benefits that aquatic exercise can offer to anyone in the deep and shallow ends! Get your heart rate grooving to fun music and achieve personal goals such as: toning practically every muscle in the body, weight loss, and even relaxation!

Childwatch

M-F 8am-1pm & 1:30-7pm
Sat 8am-12:30pm

- \$24 monthly add-on fee to Household membership
- Ages 6 weeks to 9 years
- Drop-in care while parent/guardian is in the facility