



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