



GROUP EXERCISE SCHEDULE

**all classes included in membership except where noted*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA FLOW 7:30 am Kria		YOGA FLOW 7:30 am Kria		YOGA FLOW 7:30 am Kria	
CARDIO FUSION 8:30 am Gina	L.I.F.T. & BALANCE 8:30 am Lordean	CARDIO FUSION 8:30 am Gina	L.I.F.T. & BALANCE 8:30 am Lordean	BEGINNER MAT PILATES 8:30 am Josie	ZUMBA 8:30 am Eva
CARDIO FUSION 9:30 am Gina	MAT PILATES 9:30 am Josie	CARDIO FUSION 9:30 am Gina	MAT PILATES 9:30 am Josie	CARDIO FUSION 9:30 am Gina	Hatha YOGA 9:30 am Kria
L.I.F.T. & BALANCE 10:30 am Gina	ZUMBA TONING 11:00 am Kristen	L.I.F.T. & BALANCE 10:30 am Gina	ZUMBA TONING 11:00 am Kristen	QIGONG 10:45 am Bryan	
BETTER BONES & BALANCE 12:00 pm Mana REG. + FEE	BETTER BONES & BALANCE (virtual) 12:00 pm Mana REG. + FEE		BETTER BONES & BALANCE 12:00 pm Mana REG. + FEE	BETTER BONES & BALANCE (virtual) 12:00 pm Mana REG. + FEE	
YOGA 1:00 pm Deb	ZUMBA 2:00 pm Kristen	YOGA 1:00 pm Deb	BEGINNER TAI CHI 1:45 pm Bryan	YOGA 1:00 pm Deb	
CHAIR YOGA 2:00 pm Deb	TRANSITIONAL YOGA 3:00 pm Kria	CHAIR YOGA 2:00 pm Deb	INTERMED. TAI CHI 3:00 pm Bryan	CHAIR YOGA 2:00 pm Deb	
ZUMBA 4:30pm Eva	ADVANCED TAI CHI 4:00pm Bryan FEE	Barre 4:30 pm Melinda	TRANSITIONAL YOGA 4:00 pm Kria		
BOOTCAMP 5:30pm Rotating Gerard FEE		BOOTCAMP 5:30 pm Melinda FEE			

Active Wellness Center Kruse Woods

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Class Descriptions

Better Bones & Balance: Fall prevention is critical to good health and longevity. BBB is designed to gradually build strength, increase bone density to prevent fractures, and improve balance to help you feel more stable and confident on your feet. *Fee-based class, registration required.*

Boot Camp: A small-group, fee-based class for up to 10 people, focused on anaerobic conditioning and strength using bodyweight and equipment, with weekly changing high-intensity intervals, designed for those accustomed to vigorous exercise.

Cardio Fusion: This intermediate-level, total body workout combines aerobic conditioning and strength training using steps, free weights, resistance tubing, and bodyweight to improve alignment, core stability, muscle integration, and balance.

Chair Yoga: This class incorporates traditional yoga poses and strength movements while seated in a chair. Class is designed for those unable to stand for extended periods of time and/or people unable to move from standing to seated positions on the floor.

L.I.F.T. (Low Impact Functional Training) & Balance: Improve functional fitness with this invigorating total body workout, which combines aerobic conditioning, strength training, stretching for flexibility, and balance challenges to help develop strong bones and muscles and improve proprioception. Geared toward beginning exercisers or those returning to a regular fitness routine.

Beginner Mat Pilates: Work through classical Pilates movements, with sequences that build strength and improve flexibility. The focus is on slow, strong holds, with frequent stretch breaks.

Mat Pilates: Strengthen and realign important postural power muscles in this uniquely challenging class that also sharpens mindbody focus. Balance, flexibility and coordination improve as you strengthen your core and work to correct muscle imbalances. Suitable for beginners as well as more advanced exercisers.

Intermediate Mat Pilates: Builds on fundamental techniques, incorporating more challenging exercises that enhance core strength, flexibility, and stability. Participants can expect a dynamic workout that refines their skills and deepens their mind-body connection.

Qigong: A mindbody practice that originated in China more than 5,000 years ago, with purported health benefits such as stress reduction, improved mental function, less fatigue, and enhanced immune response. Qigong uses meditation, breathwork, repeated movements and stretching to increase energy and help the body heal itself.

Tai Chi: Class is taught in a relaxing and meditative environment where all postures are done at a slow and controlled pace. Tai Chi forms will help improve balance and flexibility, while promoting relaxation, mental focus and overall good health.

Transitional Yoga: This class provides a bridge between Chair Yoga and Mat Yoga, challenging you to improve balance, stability and flexibility. You will practice skills such as single-leg balancing, squatting and other movements essential to daily activities. Chair, mat, and floor provide different ways to access better movement.

Yoga: This mixed level class moves through sun salutations, standing poses, balance poses and seated stretches to get blood and energy moving throughout the body. We will work on full body strength and flexibility and focus on connecting movements to the breath. This class is open to all levels and offers modifications.

Yoga Flow: This class blends floor and standing postures with breathwork to create the “flow” of yoga. Moving from one pose to the next, you will build strength and balance, improve flexibility and alignment, and leave feeling energized!

Hatha Yoga: Focuses on physical postures, breathing techniques, and meditation to balance the mind and body, emphasizing proper alignment and mindful breathing for overall well-being.

Zumba Toning: Experience energetic Zumba dance moves with strength training using lightweight toning sticks. This dynamic workout targets arms, core, and lower body, boosting calorie burn and muscle definition. Suitable for all fitness levels, join us to shake, sculpt, and sweat your way to a fitter you!

Zumba is a high-energy dance fitness class that combines Latin and international rhythms with fun, easy-to-follow movements. It offers a full-body workout that improves cardio, coordination, and mood in an upbeat, party-like atmosphere.