



GROUP EXERCISE SCHEDULE

**all classes included in membership except where noted*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA FLOW 7:30 am Kria	TOTAL FIT 7:30 am Gina	YOGA FLOW 7:30 am Kria	TOTAL FIT 7:30 am Gina	YOGA FLOW 7:30 am Kria	
	L.I.F.T. & BALANCE 8:30 am Lordean		L.I.F.T. & BALANCE 8:30 am Lordean		ZUMBA 8:30am Greta
CARDIO FUSION 9:30 am Gina	MAT PILATES 9:30 am Julia	CARDIO FUSION 9:30 am Gina	INTERMEDIATE MAT PILATES 9:30 am Julia	MAT PILATES 9:30 am Shannon	CIRCL MOBILITY 9:00am Greta
L.I.F.T. & BALANCE 10:30 am Gina	SPECIALTY SERIES 10:30am Shannon <i>rotating format</i>	L.I.F.T. & BALANCE 10:30 am Gina	SPECIALTY SERIES 10:30am Shannon <i>rotating format</i>	QIGONG 10:45 am Bryan	
BETTER BONES & BALANCE 12:00 pm Mana REG. + FEE	BETTER BONES & BALANCE 12:00 pm Mana REG. + FEE		BETTER BONES & BALANCE 12:00 pm Mana REG. + FEE	BETTER BONES & BALANCE 12:00 pm Mana REG. + FEE	
YOGA 1:00 pm Deb		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	
RESTORATIVE YOGA 5:00pm Shannon	ADVANCED TAI CHI 4:00 pm Bryan	BARRE 5:00pm Melinda			
BOOT CAMP 6:00 pm Shannon FEE	ZUMBA 5:30 pm Greta	BOOT CAMP 6:00 pm Melinda FEE	ZUMBA 5:30 pm Greta		

Active Wellness Center Kruse Woods

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Class Descriptions

Barre: This high-intensity yet low-impact class sculpts the full body using light weights and high repetitions. Set to upbeat music, the class places special emphasis on core, hip and glute strengthening.

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: Small-group format focused on anaerobic conditioning and strength development using bodyweight and equipment. The high-intensity interval format changes each week. This class is designed for members who are accustomed to vigorous exercise. Class size limited to 10 people. Fee-based class, registration required.

Cardio Fusion: This energetic, total body workout features aerobic conditioning and strength training using steps, free weights, resistance tubing, and your own bodyweight. Participants improve their form, function and overall fitness by learning proper alignment, improving core stability, integrating muscle movements, and challenging balance. Intermediate level.

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.

Circl Mobility: From the company that designed Zumba, this class focuses on flexibility, breathwork and mobility exercises. Some aspects of class take place on a mat on the ground for a low-intensity mindbody class.

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.

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 upon foundational exercises taught in mat pilates. More time is spent on hands and/or kneeling and recommended for those familiar with pilates.

Qigong (also chi gung or chi kung): 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.

Restorative Yoga: Let your stresses melt away in this relaxing class focused on gentle, slow movement and breathwork. Time is primarily spent seated or lying down, and is open to all levels and abilities.

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.

Total Fit: This class improves cardiovascular fitness, builds total body strength and enhances movement for daily life. The class begins with cardio exercises that build to a peak, and continues with strength movements and exercises to improve balance and flexibility.

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.

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!

Zumba: Get ready for a calorie-burning dance party appropriate for all ages and fitness levels! This total body workout combines cardio, muscle conditioning, balance and flexibility, boosting your energy and leaving you with a smile on your face!