



GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HATHA YOGA 7:30 am Kria		HATHA YOGA 7:30 am Kria		HATHA YOGA 7:30 am Kria	
CARDIO FUSION 8:30 am Eva	LIFT & BALANCE 8:30 am Lordean	CARDIO FUSION 8:30 am Angie	LIFT & BALANCE 8:30 am Lordean	CORE & MORE 8:30 am Rayne	ZUMBA 8:30 am Eva
ACTIVE STRIDES 9:00am Deb					
CARDIO FUSION 9:30 am Rayne	MAT PILATES 9:30 am Fionn	CARDIO FUSION 9:30 am Rayne	MAT PILATES 9:30 am Fionn	CARDIO FUSION 9:30 am Rayne	Hatha YOGA 9:30 am Kria
LIFT & BALANCE 10:30 am Lordean	ZUMBA TONING 11:00 am Kristen	LIFT & BALANCE 10:30 am Eva	ZUMBA TONING 11:00 am Kristen	QIGONG 11:00 am Bryan	CHAIR YOGA 10:30 am Kria
	RE:ACT GROUP ZACH 1:00PM FEE	FALL PREVENTION SKILLS & STRENGTH ZACH 12:00 FEE	RE:ACT GROUP ZACH 1:00PM FEE	FALL PREVENTION SKILLS & STRENGTH ZACH 12:00 FEE	
YOGA 1:00 pm Deb		YOGA 1:00 pm Deb	BEGINNER TAI CHI 2:00 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	
	TOTAL BODY POWER 5:30PM Victoria		TOTAL BODY POWER 5:30PM Zach		

Class Descriptions

Fall Prevention Skills & Strength / Better Bones & Balance: Fall prevention is critical to good health and longevity. These two specialty classes are designed to gradually build strength, increase bone density to prevent fractures, and improve balance and agility to help you feel more stable and confident on your feet. Fee-based classes. BEGINNER

Cardio Fusion: This 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. INTERMEDIATE

LIFT & Balance: Build a solid fitness foundation and improve your balance with Low-Impact Functional Training, which combines cardio, strength, flexibility, and balance in a fun and inviting atmosphere. BEGINNER

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

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. BEGINNER-INTERMEDIATE-ADVANCED

Total Body Power: Energize your mind and body with a variety of resistance equipment to build lean muscle and cardio strength through traditional and functional training in this fun interval class. End with a head-to-toe, rejuvenating stretch. INTERMEDIATE-ADVANCED

Qigong: Qigong is an ancient Chinese practice that combines meditation, breathwork, and movement to reduce stress, boost energy, and support healing. BEGINNER

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. BEGINNER-INTERMEDIATE-ADVANCED OPTIONS

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. BEGINNER

Transitional Yoga: This class bridges Chair and Mat Yoga, enhancing balance, stability, and flexibility through essential movements like single-leg balancing and squatting. BEGINNER-INTERMEDIATE

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. BEGINNER-INTERMEDIATE

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. BEGINNER-INTERMEDIATE

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! BEGINNER

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. BEGINNER-INTERMEDIATE

Active Strides is a once-a-week walking class for older adults. Each session begins with a casual coffee meet-up before heading out for a guided walk through the neighborhood and local community. BEGINNER-INTERMEDIATE

***All classes offer modifications and all levels are welcome. If you see something that sounds interesting, give it a try!*