

Group Exercise Schedule

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Indoor Cycle & Strength 7-7:45 am <i>Sheri</i> Yoga 8-8:50 am <i>Katharine</i> Stretch, Move & Tone 9-9:45 am <i>Arielle</i> Zumba Gold Toning 10-10:50 am <i>Sheila</i> Cardio Drumming 11-11:50 am <i>Holly</i>	Indoor Cycling 7-7:45 am  <i>Donna</i> Pilates 8-8:50 am <i>Katharine</i> Zumba Gold 9-9:50 am <i>Sheila</i> Yoga 10-10:50 am <i>Elaine</i> CORE & Cardio 11-11:50 am <i>Michele</i>	Indoor Cycle & Strength 7-7:45 am <i>Sheri</i> Yoga 8-8:50 am <i>Valentina</i> Zumba Gold 9-9:50 am <i>Carol</i> Full Body Workout 10-10:45 am <i>Holly</i> Full Body Workout 11-11:45 am <i>Holly</i>	Indoor Cycling 7-7:45 am <i>Donna</i> Yoga 8-8:50 am <i>Lili</i> Zumba Gold 9-9:50 am <i>Sheila</i> Strength Circuit 10-10:50 am <i>Michele</i> Pilates 11-11:50 am <i>Katharine</i>	Indoor Cycle & Strength 7-7:45 am <i>Sheri</i> Yoga 8-8:50 am <i>Lili</i> Zumba Gold Toning 9-9:50 am <i>Sheila</i> BLT 10-10:45 am <i>Holly</i> BLT 11-11:45 am <i>Holly</i>
Cardio Circuit 5-5:50 pm <i>Michele</i> Flow Yoga 6-6:50 pm <i>Michele</i>	Yoga 4-4:50 pm <i>Lili</i> Ultimate Fitness Bootcamp 5-5:50 pm <i>Holly</i> Full Body Stretch & Flex 6-6:20 pm <i>Holly</i>	Step & Strength 5-5:50 pm <i>Michele</i> Flow Yoga 6-6:50 pm <i>Michele</i> Zumba 7-7:55 pm <i>Jenna</i>	Yoga 4-4:50 pm <i>Elaine</i> Ultimate Fitness Circuit 5-5:50 pm <i>Holly</i>	SATURDAY
Tai Chi* Seated Set: 10-11 am Advanced: 1-2:30 pm Beginner: 7-8:30 pm Advanced: 7-8:30 pm	Tai Chi* Beginner: 2-3:30 pm		Tai Chi* Beginner: 2-3:30 pm	Beginner Cycling 8-8:45 am  <i>Donna</i> Gentle Yoga 9:30-10:30 am <i>Elaine</i> 

Closed on April 5 and April 18. *Tai Chi is not included in GEX combo. Schedule and class format subject to change.

Fees for the Group Exercise (GEX) classes are offered as a daily drop-in fee, or you can take advantage of the combo deal which allows you unlimited access to all GEX classes and the Fitness Center.

Per Class, Per Day: \$5/Rec Card; \$7/No Card. **Per Month:** \$30/Rec Card; \$45/No Card

GEX Class & Fitness Center Combo: \$20/month with Fitness Center Membership (\$18/month or \$180/year with a Rec Card)

Class Descriptions

6-Pack Abs: A structured 20-minute class designed to target all your core muscles. Side effect: looking fit and strong!

Beginner Cycling: Have you ever wanted to try a class but worried you wouldn't know what to do? Now's your chance! Learn proper set-up and technique while getting a great workout. Bring a towel and water bottle! If you are a newcomer, please arrive at least 10 minutes early.

BLT: Tighten those glutes, strengthen those legs, and firm up those abs with low impact exercises and resistance training to improve and lean out your muscles.

Cardio Drumming: This upbeat, energetic full body workout is for all ages. Get ready to sweat, make noise, and release your inner rock star. This rock out workout will have you lost in the music and feeling stronger than ever.

Cardio Circuit: Easy to follow low impact, nonstop movement and resistance training to challenge and train every major muscle group. Suitable for all fitness levels.

Core & Cardio: This class is designed for all skill levels and includes 30 minutes of easy to follow, energizing yet low impact cardio exercises, followed by 20 minutes of solid core exercises.

Flow Yoga: A Hatha style gentle flow of continuous movement easing you in and out of traditional asanas as you practice keeping your mind and body aligned. Guaranteed to increase your body awareness, flexibility, and strength.

Full Body Workout: This 50 minute workout consists of easy to follow warm-ups, cardio and strength training exercises. Classes conclude with a relaxing cool down stretch.

Full Body Stretch & Flex: A full body 20-minute session utilizing calming, controlled movements to gain flexibility, mobility, and range of motion.

Gentle Yoga: This yoga class allows students to work from the foundation up highlighting detailed alignment for the body in order to accurately ease in and out of poses creating strength, balance, tone, and flexibility. All levels welcome.

Indoor Cycling: Rise and shine with this cardio workout and get your heart pumping while burning serious calories. Start pedaling and let the music take you on an amazing ride along various terrains, speeds, and intensities. All levels are welcome to our friendly group. Bring a towel and water bottle!

Indoor Cycling & Strength: This class begins with a gentle, active meditation followed by low impact cardio. Designed to strengthen your legs and abs as well as a toning component for your upper body utilizing light weights and resistance bands. Class concludes with a stretch and balance activity.

Pilates: Focusing on elongating of the muscles while also improving core strength, flexibility in the back and spine, balance in the body and postural control. All levels welcome!

Step & Strength: Includes 25 minutes of easy-to-follow, low impact movements on a step or the floor, followed by 25 minutes of basic strength training using body weight, dumbbells, and resistance bands.

Strength Circuit: From beginners to body builders. Skip the weight room and work every muscle, large to small in this dynamic class that incorporates body weight, balance, and strength exercises.

Stretch, Move & Tone: Deep stretching focused on lengthening and loosening tight muscles, improving circulation, relaxation, and posture, while increasing energy through a combination of rhythmic coordination, stability, flexibility & fun. Choreographed and taught by Arielle Giordano.

Stretch & Flex: This class combines calm, controlled movements to improve flexibility, mobility, and range of motion.

Ultimate Fitness Bootcamp: This interval training workout utilizes a combination of strength and cardiovascular exercises working towards building lean muscle, cardiovascular endurance, camaraderie, and team effort.

Ultimate Fitness Circuit: Following a dynamic warm-up, you work at your own pace through two rounds of 12 exercises that will challenge your agility, strength, coordination, balance, and cardio system. Each station consists of 1-minute of exercise followed by a 30-second recovery period. Class concludes with core exercises and a relaxing cool down.

Yoga: Combine stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner-strength, and joint mobility. Must bring your own yoga mat, towel, and water bottle.

Zumba: A Latin-inspired dance fitness class for anyone. This cardio program that utilizes intermittent training through fun, easy dance moves to work the core muscles and improve balance, stability, and movement.

Zumba Gold: This dance class is designed for both beginners and older active adults. It is easier than the basic Zumba, but just as fun with easy-to-follow moves for any age.

Zumba Gold Toning: This program offers the exhilarating experience of a Zumba fitness-party with the benefits of safe and effective strength training. It's an easy-to-follow, health-boosting, dance-fitness program for baby boomers as well as beginners.