



# SUMMER GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am <b>Yogalates</b> Helen	8:00-9:00am <b>Strong Bodies</b> Helen		8:00-9:00am <b>Strong Bodies</b> Yvonne		8:15-9:15am <b>Strong Bodies</b> Donna	
		9:00-10:00am <b>Cardio Circuit/ Pilates</b> Noreen		10:00-10:45am <b>Beginning Yoga</b> Helen		
10:00-11:00am <b>Enhance Special Program</b> Rachel/Helen	10:00-11:00am <b>Zumba Gold</b> Amanda	10:00-11:00am <b>Enhance Special Program</b> Nancy		10:00-11:00am <b>Enhance Special Program</b> Nancy		
	6:00-6:50 pm <b>Strong Bodies</b> Donna		6:00-6:50pm <b>Circuit 6</b> Donna	Ages 12 years and up are welcome to participate in any of our group exercise classes. <b>Note:</b> Classes may be cancelled due to low participation, please check with the front desk for current schedule.		
	<b>GROUP EXERCISE CLASS FEE:</b> Members: Free • Youth: \$6.00 • Adult: \$6.00 Punch Card: \$60.00 for 10 visits			<b>Effective May 27th-July 1st</b>		

**Indoor Cycling – 40 minute class:** This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music.

**Strong Bodies – 50 minute class:** This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

#### **YOGA – 45 or 60 minute class**

Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations. Many options for various levels.

**Yogalates – 60 minute class:** This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

**Cardio Mix – 60 minute class:** Zumba, Step, Spin and more! See the desk for current line up of classes and instructors

**Circuit 6-50 minute class:** Challenge yourself one minute at a time with this fast paced cardio class

#### **ZUMBA GOLD– 60 minute class**

A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt. Zumba GOLD is a slower pace, low impact and basic moves designed for older populations, beginners, or anyone that wants a lower intensity class.