

# September Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 AM Get Up and Go Bootcamp Rhonda - Gymnasium	9:00-10:00 AM Arthritic Water Aerobics Chris - Pool	6:00-7:00 AM Get Up and Go Bootcamp Melissa - Gymnasium	9:00-10:00 AM Arthritic Water Aerobics Trina - Pool	8:45-9:45 AM Cardiotonic Patty - Fitness Studio	
8:45-9:45 AM Cardiotonic Barb - Fitness Studio	<b>9:00-10:00 AM</b> Yoga/Pilates/Core Linda - Fitness Studio	8:45-9:45 AM Cardiotonic Patty - Fitness Studio	<b>9:00-10:00 AM</b> Indoor 5K Walk Plus Barb - Fitness Studio	9:00-10:00 AM Arthritic Water Aerobics Chris - Pool	
9:00-10:00 AM Arthritic Water Aerobics Debbie - Pool	10:00-11:00 AM Water Aerobics Barb - Pool	9:00-10:00 AM Arthritic Water Aerobics Debbie - Pool	10:00-11:00 AM Water Aerobics Debbie - Pool	10:00-11:00 AM Yoga Patty - Fitness Studio	
10:00-11:00 AM Water Aerobics Barb - Pool	<b>10:15-11:15 AM</b> Forever Young {ish} Linda - Fitness Studio	10:00-11:00 AM Water Aerobics Debbie - Pool	<b>10:15-11:15 AM</b> Forever Young {ish} Barb - Fitness Studio	10:00-11:00 AM Water Aerobics Chris - Pool	
10:00-11:00 AM Silver Sneakers Pat/Sam - Stretch Room	11:00-12:00 PM Fit For Life Kayla/Sam - Stretch Room	10:00-11:00 AM Silver Sneakers Pat/Sam - Stretch Room	11:00-12:00 PM Fit For Life Kayla/Sam - Stretch Room	11:00-12:00 PM Fit For Life Pat/Sam - Stretch Room	
5:00-5:30 PM HIIT Melissa - Fitness Studio	5:30-6:30 PM Water Aerobics Debbie - Pool	5:00-5:45 PM Steptonic Melissa - Fitness Studio	4:45-5:45 PM Pump Rx Carla - Fitness Studio	11:00-12:00 PM Arthritic Water Aerobics Chris - Pool	
5:30-6:30 PM Water Aerobics Debbie - Pool	6:00-7:00 PM 20/20/20 Katrina - Fitness Studio	5:30-6:30 PM Water Aerobics Sandra - Pool	5:30-6:30 PM Aquatic Circuit Training Barb - Pool		
5:35-6:15 PM Beginners Yoga Melissa - Fitness Studio	7:00-8:00 PM Yoga and Relaxation Rhonda - Fitness Studio	5:45-6:15 PM Pilates Melissa - Fitness Studio	6:00-7:00 PM Zumba Katrina - Fitness Studio		<b>9:00-10:00 am</b> Pot Luck Variable - Fitness Studio

# Class Descriptions

**Arthritic H2O** A great low impact class that focuses on range of motion, flexibility, and balance to keeping the joints moving while including some low impact aerobics and core strengthening to build and maintain strong muscles.

*Intensity Level - Low*

**Cardiotonic** Exercise your heart, burn extra calories, tone your body, improve balance and have a great time, too. Activities are always changing and exercise is adapted for ALL ages and ability levels.

*Intensity Level - Medium*

**Fit-for-Life** This class is designed for active older adults. It's a low-impact workout combining cardio and conditioning. Beginners are welcome.

*Intensity Level - Low*

**Forever Young** This class is one hour of exercise which incorporates weights, good music and cognitive exercises. There is no laying on the floor for exercise or jumping in the class.

*Intensity Level - Medium*

**Get Up and Go Bootcamp** Having trouble fitting in time to exercise? Too hot to exercise in the summer? Check out this new class. It's cardio, strength training, stretching and yoga class. Even if you're not a morning person, this class will get your day started off in the right direction. It's an excellent way to squeeze exercise into your busy schedule. Check it out!

*Intensity Level - Medium/High*

**HIIT** Pressed for time? This high intensity interval training (HIIT) class will allow you to build lean muscles and burn fat with quick intervals of work and rest. The variety of format will keep you from getting bored. All exercises can be modified to meet individuals' needs and abilities.

*Intensity Level - Medium/High*

**Indoor 5K Walk Plus** Enjoy a low impact but high energy indoor walk/march using various bpm to achieve the equivalence of a 5K. Will incorporate added moves to keep it interesting.

*Intensity Level - Medium*

**Pilates** Pilates offers plenty of benefits to your body, no matter your fitness background. You'll improve your posture, focus on bodily alignment and get a great core workout.

*Intensity Level - Medium*

**Pump Rx** Pump Rx is a strength training class that is appropriate for all fitness levels. This class will get you burning calories while building long lean muscle with high repetition exercises that match movement to great music.

*Intensity Level - Medium*

**Pot Luck** This is a variable class that meets every Saturday morning. Come check out our different instructors and what their specialties are. Each class will be different so come check out the variety of exercises and fun that each of our amazing and talented instructors will bring to each class.

*Intensity Level - All*

**Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

*Intensity Level - Low*

**Steptonic** Step to a rhythm to burn calories, mix in some toning/condition tracks, and this class will have you feeling exhilarated and powerful! Step patterns are fun and not too complicated.

*Intensity Level - Medium/High*

**Yoga** A Vinyasa flow class that will increase strength and flexibility, as well as calm and relax your mind.

*Intensity Level - Low*

**Yoga and Relaxation** Take time for you and enjoy the benefits of yoga by building strength, increasing flexibility and reducing stress by breathing exercises, basic yoga poses and relaxation techniques.

*Intensity Level - Low*

**Water Aerobics** This class is a great way to get a high energy, cardio building workout, while remaining low impact. Impact can be controlled by your location in the pool. There are a variety of exercises and pool props used to create a great workout.

*Intensity Level - Medium*

**Zumba** This dance fitness class is so much fun you won't want it to end. The moves are extra sassy and everyone can do it. Get your cardio the fun way.

*Intensity Level - Medium*

**20/20/20** Come and get three workouts in one. 20 minutes of basic sweaty cardio, 20 minutes of strength training and toning and 20 minutes of core work and stretching.

*Intensity Level - Medium*