



GROUP FITNESS CALENDAR

**MUST abide by posted COVID-19 guidelines ▪ Virtual classes now available ▪
Please absolutely NO gathering in studio between classes**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-9:30am Flex & Bal	9:00am-9:30am Fun Fit	8:50am-9:20am Flex & Bal*		8:50am-9:20am Flex & Bal	
9:40am-10:10am Stability Ball	9:40am-10:10am Flex & Bal	9:30am-10:00am Boost a Mood		9:30am-10:00am Fun Fit	
10:30am-11:30am Gentle Yoga	10:20am-10:50am Fun Fit	10:45am-11:15am Flex & Bal		10:10am-10:40am Flex & Bal*	
	11:00am-12:00pm Gentle Yoga	11:25am-11:55am Stability Ball	11:30am-12:30pm Gentle Yoga		11am-11:30am Inst. Special
	12:15pm-1:00pm Chair Yoga*	2:30pm-3:30pm Gentle Yoga			
5:20pm-5:50pm Stability Ball	5:20pm-5:50pm Inst. Special	5:00pm-5:55pm Essentrics			
6:00pm-6:30pm Inst. Special	6:00pm-6:30pm Abs or Stretch				

Description of Classes

ABS/CORE: Tighten your midsection and strengthen your abdominals. Your core extends far beyond your abs and is incorporated in almost every movement of the human body. Be core strong! *Please stretch prior to attending this class.*

BOOST A MOOD: This class is designed for those who want to help reduce the risk of osteoporosis. This class includes exercises that target the body's larger muscle groups to improve strength, balance, and flexibility.

CHAIR YOGA: Enjoy a variety of standing and seated gentle yoga postures to increase balance & flexibility, and reduce stress. Move slowly, at your own pace, with a seasoned yoga instructor. Classes end with guided imagery, a form of meditation. Soft lighting provides an atmosphere of peace and comfort. **class avoids floor exercises*

ESSENTRICS - APPRENTICE CLASS: A dynamic, full-body workout suitable for all fitness levels that simultaneously combines stretching and strengthening. This class will increase flexibility and overall strength. Rebalance your body. Improve posture. Change the shape of your body. Unlock tight joints for a pain-free body.

FLEXIBILITY & BALANCE (FLEX & BAL): Incorporates a variety of stretching and balance exercises to help improve the range of motion of your joints and muscles while improving your overall balance. **class avoids floor exercises*

FUNCTIONAL FITNESS (FUN FIT): Exercises that use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture, and agility. This low to moderate intensity class is fun, challenging, and effective full-body workout that prepares the body for every day, real-life activities.

GENTLE YOGA: Participate in gentle hatha yoga postures performed slowly, at your own pace, & designed to increase flexibility and reduce stress. Class begins with a gentle "wake up" routine, followed by basic yoga postures, and ends with relaxation and visualization. Wear loose, comfortable clothing, bring a mat, a small towel, and a bottle of water.

INSTRUCTORS' SPECIAL (INST. SPECIAL): Never get bored again! Let's have fun by leaving it up to the instructor to decide on the type of class to teach. A more intense class that is different every time, such as high intensity interval training, feel the beat, circuit training, and so much more. Modifications demonstrated when available. Recommended for moderate to advance fitness levels.

STABILITY BALL: This 30-minute class incorporates multiple, basic and advanced exercises on the stability ball to improve your core strength. Recommended for all fitness levels.

STRETCH WITH STRENGTH: This 30-minute class is designed to provide flexibility training through callisthenic strength. Participants stretch at their own pace with modifications demonstrated.