

# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM		Mat Pilates			Mat Pilates
10:00 AM	Seniorcize		Seniorcize		
10:30 AM					

## Class Descriptions

### Step/Chisel:

A combination of step aerobics choreography mixed with full body strength training exercises. A great mix of calorie burning aerobics and strength/balance training. The class ends with flexibility and stretching. *Levels II and III*

### Super Sculpt:

A full body workout using weights, bands, balls and your body as resistance. This class is specifically designed for strength and toning. *All ability levels*

### Seniorcize:

Have fun and move to the music through a variety of exercises designed to increase muscular and cardiovascular conditioning, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and an exercise ball are offered for resistance ~ A chair is available if needed for seated or standing support. *All ability levels*

### Mat Pilates:

Each class will work to balance all muscle groups while working on strength and flexibility. Emphasis on challenging the core muscles with each movement. Classes will blend the classical Pilates Method with exercise variations and by using props and light weights. *All ability levels*

### ZUMBA®

A fusion of Latin and International music/dance themes that create a dynamic, exciting, dance cardio workout and based on the principle that a workout should be FUN AND EASY TO DO. *All ability levels*

### Quick(HIIT) & Core:

30 minutes of interval training taught at three ability levels. HIIT is designed to get the most caloric burn and an extended after burn for maximizing the metabolism. The core exercises will be designed to tone and strengthen the mid-section followed by a stretching segment to improve flexibility. *All ability levels*

### Gentle Yoga:

considered easier, less intense, non-strenuous, minimalistic, quiet, meditative, or restorative. ... Gentle yoga classes are typically described as appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice *Levels I and II*



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