

Group Exercise

GROUP EXERCISE IN THE STUDIO August 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Power Pump 45 min class	TORCH & RIDE	Power Pump 45 min class			
8:00am	Yoga (Add'l Fee)		Yoga (Add'l Fee)			Power Pump	
8:15am		EzDuz It		EzDuz It			
9:00am	*Let's Dance		*Let's Dance!		*Let's Dance		No class until fall
9:15am		*BodyCombat®		BodyCombat®		*Power Hour	
10:00am	*BodyPump®		*BodyPump®		*Power Pump		
10:15am		*Zumba® 45 min class		*Zumba® 45 min class			
10:30am						*Zumba®	
11:05am	SilverSneaker® Cardio/Circuit		SilverSneaker® Classic		SilverSneaker® Classic		
11:15am		SilverSneaker® Yoga		SilverSneaker® Yoga			
1:15pm	Foundations			Foundations			
WALK-INS ALWAYS WELCOME! \$5.00							
4:30pm			Cancelled until Fall		Zumba®	*Indicates Babysitting BOLD =FREE to SilverSneakers® & Silver & Fit® Members Classes/Babysitting times subject to change without prior notice	
5:30pm	*Power Pump	*BodyCombat®	*Power Pump	*BodyCombat®			
6:35pm	*Zumba®		*Zumba®				

**SATURDAY POWER
HOUR CLASSES: 9:15am**
 8/4 TORCH-ALICIA
 8/11 BODYCOMBAT®-HOLLY
 8/18 NO Studio Classes
 8/25 TORCH-ALICIA

**No classes in the Studio
Sat August 18th
due to BodyPUMP® Training**

**NO Sunday
Classes**

Foundations
 Beneficial for anyone
with
mobility issues,
Parkinson's, MS, etc.
 Mondays & Thursdays @ 1:15pm
 \$2 walk-in fee
 NO FEE for Insurance Paid
 Programs

**NEW
CLASS**

**The
Aerobic
Center**
 Lynch Field ★ Greensburg, PA

526 New Alexandria Road
aerobiccenter.org / 724-834-2153
 Like us on Facebook
 Aerobic Center Lynchfield

GROUP EXERCISE IN THE STUDIO August 2018

SilverSneakers Classic®- A non-impact chair class designed to increase strength, range of movement, agility, balance and coordination, and to improve a participant's functional capacity, physical fitness level and sense of well-being. Beginner/Intermediate

SilverSneakers Cardio/Circuit®- A low-impact, chair optional, class

alternating weights and aerobics to increase cardiovascular and muscle endurance. Beginner/Intermediate

SilverSneakers Yoga®- A chair class designed to target balance, range of movement, flexibility and breathing. Beginner/Intermediate

Country Heat®- Aerobic class featuring simple line dance moves set to up beat country music. Designed for all levels.

Foundations- This class focuses on improving strength, flexibility and balance. Cognitive and voice exercises are used to enhance your workout. Anyone who has mobility issues, Parkinson's or MS are welcome to attend. \$2/class walk-in. No fee for insurance paid program participants.

Ez Duz It- EZ on the joints but not an ez class! Combines aerobics, Zumba®, weight training and stretching. Beginner/Intermediate

Power Hour- TORCH, Intervals, R.I.P.P.E.D.®, Tabatas, Step or BodyCombat®. Come challenge yourself. Intermediate/Advanced

TORCH & RIDE- The Aerobic Center's answer to Cross Fit. Plus a 1/2 hour of cycling. Advanced

Lets DANCE!- Rock & Roll or Zumba, Latin music or music from the 60s to the present. All Levels

Zumba®- Ditch the workout! Join the Party! All Levels

Power Pump- An Aerobic Center original. It's like having your own personal trainer. Builds strength and definition using weights, bands and balls. All Levels

Yoga- Improve strength, flexibility and balance. Yoga Mat recommended. All Levels- Additional Fee.

TORCH- The Aerobic Center's answer to Cross Fit. Advanced

LesMills BodyCombat® - Energetic class cardio workout inspired by martial arts such as karate, tae kwon do, tai chi and muay thai. Participants strike, punch, kick and kata their way through calories. Intermediate/Advanced

LesMills BodyPump® - Weight lifting class for anyone looking to get lean, toned and fit- fast.

Using light to moderate weights with lots of repetition, BodyPump® gives you a total body workout.