

Group Exercise

GROUP EXERCISE IN THE STUDIO MAY 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			
8:30am							Body Combat®
9:00am	*Let's Dance		*Let's Dance!		*Let's Dance		
9:15am		*BodyCombat®		BodyCombat®		*Power Hour	
10:00am	New *BodyPump®		New *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	*Indicates Babysitting BOLD =FREE to SilverSneakers® And Silver & Fit® Members	
11:15am		SilverSneaker® Yoga		SilverSneaker® Yoga			
WALK-INS ALWAYS WELCOME! \$5.00							
4:30pm			Body Combat®		Zumba® No class 5/18 & 5/25	HOLIDAY HOURS Thurs. 5/24 5am-4pm Fri. 5/25 5am-4pm Sat. 5/26 7am-12pm Sun. 5/27 7am-12pm Mon. 5/28 7am-12pm Community Days	
5:30pm	*Power Pump No class on 5/28	*BodyCombat®	*Power Pump	*BodyCombat®			
6:30pm	*Zumba® No class on 5/28		*Zumba®				

SATURDAY POWER HOUR CLASSES: 9:15am
 5/5 COMBAT- HOLLY
 5/12 TORCH-ALICIA
 5/19 COMBAT-KRISTEN
 5/26 TORCH— ALICIA



526 New Alexandria Road
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 Aerobic Center Lynchfield

LesMills BodyPump®
 Mondays 10am w/Stacey
 Wednesdays 10am w/Jackie

Monday, 5/28 Memorial Day
 8:00am Combat w/ Kristen & Holly
 9:15am Power Pump w/ Alicia

Classes/Babysitting times subject to change without prior notice

GROUP EXERCISE IN THE STUDIO MAY 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.

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.