

# Group Exercise

## GROUP EXERCISE IN THE STUDIO August 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		45 min. class Power Pump	Torch/Ride 5:30am is cancelled until Sept.	45 min. class Power Pump		
8:00am	Yoga (Add'l Fee)		Yoga (Add'l Fee)		PiYo™	Power Pump
8:15am		<u>EzDuz It</u>		<u>EzDuz It</u>		
9:00am	*Lets DANCE!		*Anything Goes		*Anything Goes	
9:15am		*BodyCombat®		BodyCombat®		*Power Hour
10:00am	* Power Pump	45 min class *Zumba®	* Power Pump	45 min class *Zumba®	* Power Pump	
10:15am					<b>NEW 45 Minute CLASS!</b>	
10:30am						*ZUMBA
11:05am	<u>SilverSneaker® Cardio/Circuit</u>		<u>SilverSneaker® Classic</u>		<u>SilverSneaker® Classic</u>	
11:15am		<u>SilverSneaker® Yoga</u>		<u>SilverSneaker® Yoga</u>		

**NO Class  
August 4th!**

4:30pm			*BodyCombat®	
5:30pm	* Power Pump	*BodyCombat®	* Power Pump	*BodyCombat®
6:30pm	*Zumba®		*Zumba®	

**BOLD FREE** to  
SilverSneakers®  
and Silver & Fit®  
Members!

\* Indicates  
Babysitting

**POWER HOUR CLASSES:**  
SATURDAYS: 9:15am  
8/5 TORCH-ALICIA  
8/12 COMBAT-KRISTEN  
8/19 COMBAT-HOLLY  
8/26 RIPPED-CARRIE

**ATTENTION!!!**  
The POOL will be CLOSED for annual maintenance starting on Sun.  
Aug. 20th & will reopen Tues. Sept. 5th /  
Sept. times & fees will NOT be credited! - Fitness and Lap/Rec  
members may use the YMCA pool from August 20th to August 29th.

**aerobiccenter.org**

**CHECK OUT  
OUR NEW  
WEBSITE!!!**

**WALK-INS ALWAYS  
WELCOME! \$5.00**

**Like us on Facebook!  
Aerobic Center Lynchfield**

Classes/Babysitting times subject to change without prior notice!

# GROUP EXERCISE IN THE STUDIO August 2017

**Chair Class:** Class designed for anyone who experiences movement restrictions. (Parkinson's, MS...) Increase strength, range of motion, balance, flexibility and cognitive skills. Beginner

**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

**Ez Duz It-** A slower paced low impact aerobic class, combining aerobics, 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-** The Aerobic Center's answer to Cross Fit. Advanced

**Lets DANCE!-** Rock & Roll routines to 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.

**PiYo™** -Combines the muscle-sculpting, core-firming benefits of Pilates with strength and flexibility of flowing yoga movements. All Levels

**R.I.P.P.E.D.®-** Resistance, Interval, Power, Plyometric, Endurance, Diet. Cardio-Weights-Fun-Done! High powered cardio workout laced with weights, intervals and resistance. All Levels

**LesMills BodyCombat®** - Energetic class cardio workout inspired by martial arts such as karate, taekwon do, tai chi and muay thai. Participants strike, punch, kick and kata their way through calories. All Levels

**TORCH & Ride-** 1/2 hour TORCH/ 1/2 hour Cycling. All Levels