

Group Exercise



GROUP EXERCISE IN THE STUDIO

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am Power Pump		5:30am Power Pump	WALK-INS ALWAYS WELCOME! \$5.00		
8:00am Yoga (Add'l Fee)		8:00am Yoga (Add'l Fee)			8:00am Power Pump	
*9:00am Decades	8:15am <i>EzDuz It</i>	*9:00am Decades	8:15am <i>EzDuz It</i>	*9:00am Instructor Choice		
*10:00am BodyPump®	9:15am BodyCombat®	*10:00am BodyPump®	9:15am BodyCombat®	*10:00am BodyPump®	9:15am Power Hour	
	10:15am Zumba®				10:30am Zumba®	
11:15am <i>SilverSneaker®</i> Yoga	11:15am <i>SilverSneaker®</i> Classic	11:15am <i>SilverSneaker®</i> Yoga	BOLD FREE to <i>SilverSneaker®</i> Members	11:15am <i>SilverSneaker®</i> Yoga	SATURDAY POWER HOUR @ 9:15am 12/4 STEP HIIT-Kate 12/11 STRONG® -Sarah 12/18 BODYCOMBAT® -Kristen	
1:15pm Foundations		1:15pm Foundations				
*4:30pm BodyCombat®		4:30pm Zumba®				
*5:30pm Power Pump	*5:30pm BodyCombat®	*5:30pm Power Pump	5:30pm BodyCombat®			
6:35pm Zumba®	6:35pm Cardio HIIT	6:35pm Strong®	6:35pm Cardio HIIT			

Holiday classes

Day	Date	Studio
Fri	December 24, 2021 CHRISTMAS EVE	9:00 w/ Chris 10:15 BodyPump® w/ Kathy
Sat	December 25, 2021 CHRISTMAS DAY	CLOSED
Sun	December 26, 2021	No Class
Fri	December 31, 2021 NEW YEAR'S EVE	9:00 Power Pump w/ Chris
Sat	January 1, 2022 NEW YEAR'S DAY	10:00 Power Pump w/ TBA
Sun	January 2, 2022	No Class

NO Participants should enter the building if showing signs or symptoms associated with COVID 19. Please stay home.

Group Exercise Members will be required to have their membership card available and ready upon entering the building.

Front Desk staff will be taking membership numbers.

Class size will be limited to 30 participants.

There are 8 disinfecting stations located in the studio.

All participants are required to disinfect any equipment used during the class.

Members should bring a towel to cover the bench /step or mat while in use.

All equipment should be returned to it's designated area **EXACTLY AS YOU FOUND IT.**

Participants should exit the studio swiftly to allow the next class to prepare.

*CABOOSE BABYSITTING HOURS:	
Monday	8:55AM-11:15AM 4:15PM-6:45PM
Tuesday	5:15PM-6:45PM
Wednesday	8:55AM-11:15AM 5:15PM-6:45PM
Friday	8:55AM-11:15AM

SilverSneakers
FITNESS



These Group Exercise classes are free to SilverSneaker Members and are included in SilverSneaker membership.

Mondays

11:15 SilverSneaker Yoga Stretch

1:15 Foundation

Tuesdays

8:15 EzDuz It

11:15 SilverSneaker Classic

Wednesdays

10:00 Silver Splash

11:15 SilverSneaker Yoga Stretch

1:15 Foundations

Thursdays

8:15am EzDuz It

Fridays

10:00 Silver Splash

11:15 SilverSneaker Yoga Stretch

GROUP EXERCISE IN THE STUDIO

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

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

Decades- Aerobics, using music from the 50's 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

30/30-Pump/Step-Express Step and BodyPump. 30-minutes of Pump and 30-minutes of Step. Get a full body workout in this hybrid barbell strength and cardio step class. All Levels

HIIT-High-Intensity Interval Training (HIIT) Take your cardio workout to another level. Work up a sweat fast, using a very intense level and then backing off for a slower recovery period, followed by another round of high intensity.

Yoga- Improve strength, flexibility and balance. Yoga Mat recommended. All Levels- Additional Fee. \$2/ members, \$7 non-members

LesMills BodyCombat® - Energetic class cardio workout inspired by martial arts such as karate, taekwondo, 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.

Strong® Stop counting the reps. Start training to the beat. STRONG® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.