



## Group Exercise Schedule November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VINYASA YOGA FLOW</b> 5:45-6:30am Sue P.-JFlow	<b>LES MILLS CORE</b> 5:45-6:30am Emelia - J360 <b>NEW!</b>	<b>XTREME MASHUP</b> 5:30-6:15am Christine-J360	<b>UGI BALL</b> 5:45-6:30am Ashley-J360	<b>XTREME MASHUP</b> 5:30-6:15am Ashley-J360	<b>CYCLING</b> 8-8:45am Beth/Jana-JCycle	<b>CYCLING</b> 8:15-8:45 am Beth/Laurie-JCycle
<b>GENTLE YOGA - H</b> 8-8:45am Amy-JFlow	<b>ZEN FLOW - H</b> 7:15-8:15am Jana-JFlow	<b>CYCLING</b> 6:30-7am Christine-JCycle	<b>CYCLING</b> 8-8:30am Christine-JCycle	<b>CYCLING</b> 6:30-7am Ulrica-JCycle	<b>YOGA STRETCH &amp; FLOW</b> 8-8:45am Sheryl-JFlow	<b>BODY PUMP</b> 9-9:45am Beverly-J360
<b>BODYPUMP</b> 8:15-9am Joyce -J360	<b>SCULPT &amp; TONE - H</b> 8:15-9am Mikki-J360	<b>GENTLE YOGA - H</b> 8-8:45am Amy- JFlow	<b>LES MILLS CORE - H</b> 8-8:45am Rebecca -JFlow <b>NEW!</b>	<b>GENTLE FLOW YOGA - H</b> 8-8:45am Sue P.-JFlow	<b>XTREME MASHUP</b> 9-9:45am Beth/Jana - J360	<b>BARRE INTENSITY</b> 9-9:45am- <b>NEW!</b> Melissa - JFlow
<b>XCORE</b> 9:30-10:30am Jana-J360	<b>TAI CHI</b> 9:30-10:30am Morris-J360	<b>BODY PUMP - H</b> 8:30-9:15am Rebecca-J360	<b>SCULPT &amp; TONE - H</b> 8:30-9:15am Mikki-J360	<b>CYCLING</b> 8:30-9am Rebecca-JCycle	<b>BARRE ABOVE - H</b> 9:30-10:30am Karen/Dana -JFlow	<b>CARDIO KICKBOXING</b> 10-10:45am Laurie - JFlow
<b>CYCLING</b> 10-10:45am Kellie-JCycle	<b>CYCLING</b> 9:15-10am Shanni-JCycle	<b>CYCLING</b> 9-9:30am Beth - JCycle	<b>MINDFUL MOVEMENT YOGA</b> 9-9:45am Pam - JFlow- <b>NEW!</b>	<b>ZEN FIT BOOTCAMP - H</b> 9:30-10:30am Jana-JFlow	<b>ZUMBA</b> 10:40-11:40am Joan/Maribel-J360	<b>MAT PILATES - H</b> 10:35-11:20am Eileen-J360
<b>MAT PILATES</b> 10-10:45am Eileen-JPilates	<b>BARRE ABOVE - H</b> 9:30-10:30am Jana -JFlow	<b>ZEN FLOW</b> 9:30-10:30am Amy-JFlow	<b>BE FIT COMBO</b> 10-10:45am Patty - J360	<b>BODY PUMP - H</b> 9:30-10:15am Rebecca-J360		<b>SLOW FLOW</b> 11-12pm Deepal-JFlow
<b>GENTLE YOGA</b> 10:30-11:15m Alyssa-JFlow	<b>ZUMBA - H</b> 10:45-11:45am Yoriko -J360	<b>SCULPT &amp; TONE - H</b> 9:40-10:25am Beth-J360	<b>ZUMBA</b> 10-10:45am Yoriko-JFlow	<b>GENTLE ALIGNMENT YOGA</b> 9:45-10:45am Ruth-Wellness		
<b>BEFIT COMBO</b> 10:45-11:30am Patty-J360	<b>TAI CHI</b> 11-12pm Morris-JFlow	<b>Forever Fit</b> 10-10:45am- <b>NEW!</b> Christine - Wellness	<b>GENTLE YOGA - H</b> 11-12pm Susan-JFlow	<b>MAT PILATES - H</b> 10:30-11:15am Melanie-J360		
<b>BARRE INTENSITY - H</b> 11:30am-12:15pm Melissa- JFlow- <b>NEW!</b>	<b>SLOW FLOW YOGA</b> 12:15-1:15pm Deepal-JFlow	<b>Virtual Only- BARRE ABOVE</b> 10:45-11:30AM-Zoom Natalie	<b>TOTAL BODY CONDITIONING</b> 11:00am-12:00pm Melissa-J360- <b>NEW!</b>	<b>MEDITATION</b> 10:45-11:15am Ruth-Wellness		
<b>TAI CHI</b> 1-2pm Morris-JFlow	<b>ADVANCED CHAIR FLOW YOGA</b> 1-1:45pm Sue P. - J360 <b>NEW!</b>	<b>ZUMBA</b> 11:30-12:15pm <b>NEW TIME</b> Shamsun - J360	<b>TAI CHI - H</b> 12:15-1:15 Morris-JFlow			
<b>STRENGTH &amp; BALANCE</b> 1-2pm Marjie-J360	<b>CYCLING</b> 5-5:45pm Laurie- JCycle	<b>FIT FOR LIFE</b> 12:15-1PM Shamsun - J360-	<b>STRENGTH &amp; BALANCE</b> 1-2pm Marjie-J360 <b>NEW!</b>			
<b>XTREME MASHUP</b> 6-7pm Ashley-J360	<b>ZEN FLOW YOGA - H</b> 6-7PM Susan-JFlow	<b>GENTLE YOGA</b> 12:30-1:30 Connie-Wellness	<b>CYCLE</b> 4:45-5:30pm Shanni-JCycle			
<b>CYCLING</b> 6:15-6:45pm Joyce-JCycle	<b>BODY PUMP</b> 7-7:45PM Sheryl-J360	<b>TAI CHI</b> 1-2pm Morris-JFlow	<b>VINYASA FLOW - H</b> 6-7pm Spencer - JFlow			
<b>BARRE ABOVE - H</b> 6:15-7pm Karen-JFlow	<b>MAT PILATES</b> 7:05-7:50pm Eileen-JPilates	<b>ADVANCED TAI CHI - H</b> 2-3pm Morris-J360	<b>LES MILLS CORE</b> 6-6:30pm Sheryl - J360 <b>NEW!</b>			
<b>GENTLE VINAYSA</b> 7:15-8pm Amy-JFlow	<b>HOUSE PARTY FITNESS - H</b> 7:15-8pm Anne-JFlow	<b>CARDIO KICKBOX</b> 6-6:45pm Laurie- J360	<b>ZUMBA - H</b> 7:15-8pm Maribel-J360			
<b>ZUMBA - H</b> 7:15-8pm Karen -J360		<b>BARRE ABOVE - H</b> 6:15-7pm Dana- JFlow				
		<b>CYCLING</b> 6:30-7:15pm <b>NEW TIME</b> Kellie-JCycle				
		<b>SLOW FLOW YOGA</b> 7:15-8:15pm Deepal-JFlow				
		<b>WARRIOR RHYTHM</b> 7:30-8:30pm Karen - Wellness <b>NEW!</b>				

<b>Schedule Key</b>
<i>Mind &amp; Body</i>
<i>Cycling</i>
<i>Cardio /Strength</i>
<i>Zumba/Dance</i>
<i>H= Hybrid Classes</i>
<i>(smiley face icon) = Beginner Friendly</i>

**Barre Above** Full body fusion workout with influences from ballet, yoga, Pilates and more. Use a variety of equipment to focus on large and small movements that challenge your muscular endurance, balance, core strength and postural alignment with low to no impact.

**Barre Intensity** Barre intensity is a cross-disciplined style workout that combines attributes of Pilates, dance and functional fitness. It is a medium intensity workout that emphasizes proper alignment, balance, and core engagement.

**Body Pump** Les Mills' original barbell class supplies a full body workout, choreographed to great music. Use light plates and high repetitions to train each muscle group in this fat burning weight training class.

**BeFit Combo** Heart-healthy, low impact exercises energize your active lifestyle. Focus on building upper body and core strength as well as cardiovascular endurance by way of low weight, high repetition resistance moves.

**Cardio Kick** Combination for cardio and kickboxing moves to burn calories and sculpt using light weights for a total body workout.

**Chair Flow Yoga** Chair yoga is a practice that is beneficial to all. In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good!

**Cycling** Combination of drills, challenges and training exercises with variations in speed and resistance on stationary bikes, set to motivating music. Classes may feature interval, strength, endurance, tempo or a mix, so no two classes are identical. On-bike monitors can be used to track performance.

**Fit for Life** Senior fitness focused classes designed to work strength, balance, and cardio. Low impact and perfect for those who are just starting exercise and looking for guidance. This class is done without the use of a chair, so participants must be able to stand on their own. This class will teach you all you need to know to stay fit for life.

**Forever Fit** This low intensity workout combines cardio, strength and flexibility, all modified to a seated position with some standing positions as well to challenge your balance. This class is perfect for the active senior, those with balance issues, or anyone who needs a very low intensity workout.

**Gentle Yoga** Enjoy a slow vinyasa/flow with assistance from block(s) and a strap. Perfect for those beginning their yoga journey or anyone looking for relaxing practice.

**Gentle Vinyasa-** Gentle Vinyasa Flow allows your practice to mindfully connect with breath to guide your body through poses with safe form and alignment. Strengthening and stretching throughout our practice to promote a supportive and challenging practice.

**House Party Fitness** Throwback tunes and high energy dance moves are the heart of this party! Add in light weights for toning plus a little mat-based core work, and you've got a unique mix that's sure to leave you smiling and sweating.

**Mat Pilates** Develop core strength and stability, and challenge postural muscles. May use a variety of props or just a mat.

**Meditation** Learn the basics of mindfulness to help you relax. This practice teaches you to distance yourself from your mind so you can relieve stress and cope with the challenges of everyday life.

**Qigong** A holistic system of coordinated body postures plus movement, breathing and meditation.

**Sculpt & Tone** Build endurance and strengthen your upper body, lower body and core muscles using a variety of equipment.

**Slow Flow Yoga** All level vinyasa style yoga, slightly slowed down to focus on stretches and mind, body and spirit.

**Strength & Balance** Warmup followed by strength utilizing both weights and exercise bands. Balance practice both stationary and walking ending with stretch.

**Spin & Sculpt** A combination of cycling, mixed with using light hand weights to tone upper body during class.

**Step & Tone** A cardio class using the steps then ending with some sculpt and tone and abs.

**Tai-Chi** Move through a series of standing postures to reduce stress while improving balance, blood pressure and bone density.

**Total Body Conditioning** A total body workout incorporating strength, cardio and core utilizing various pieces of equipment.

**Ugi Fit** Use a weighted ball for a series of basic 1-minute exercises that combine strength, cardio and core challenges.

**XCore** Heart-pumping intervals of strength, power, resistance and abs training target your core from all directions. Engage in dynamic and isometric movements using a variety of equipment such as dumbbells, bands, gliders, BOSU and more.

**Vinyasa Flow-** This practice consists of mini flows, beginning with Sun salutation to warm up the body before moving into breath to movement asana, balancing and floor poses. These power sequences are a series of movements that flow one to the next on breath. This is a faster paced moving class suitable for students with prior yoga experience.

**Xtreme Mashup** Fast-paced interval training focusing on high intensity cardio, resistance and strength segments to build muscle and cardiovascular strength. Expect high reps and explosive moves using a mix of body weight and equipment (dumbbells, bands, battle and jump ropes, BOSU and more).

**Yoga Stretch and Flow** This is an all-levels class, in which gentle postures are held for several minutes to facilitate a deep stretch in the body.

**ZenFit** An athletic workout combining high intensity vinyasa yoga with cardio, light weights and core focus. Get the best of both worlds with a challenging workout and a chill mental state.

**Zen Flow Yoga** Awaken, recharge and connect your body and brain in this vinyasa flow class using a variety of breathing techniques.

**Zumba®** High energy fitness moves come together with dance steps to create a cardio party. Repetitive choreography and interval intensity pair with international music in this easy-to-modify format led with non-verbal cues: the beat is our common language!