



# March 2024 Group Exercise Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA YOGA FLOW 5:45-6:30am / Sue P. / JFlow	LES MILLS BODYPUMP & CORE 5:45-6:45am / Rebecca / J360	XTREME MASHUP 5:30-6:15am / Christine / J360	CYCLING 5:30-6am / Ashley / JCycle	XTREME MASHUP 5:30-6:15am / Ashley / J360	CYCLING 8-8:45am / Beth/Jana / JCycle	CYCLING 8:15-8:45am / Beth/Jana / JCycle
GENTLE YOGA - H 8-8:45am / Amy / JFlow	ZEN FLOW - H 7:15-8:15am / Jana / JFlow	CYCLING 6:30-7am / Christine / JCycle	UGI BALL 6:15-6:45am / Ashley / J360	CYCLING 6:30-7am / Ulrica / JCycle	YOGA STRETCH & FLOW 8-8:45am / Sheryl / JFlow	BARRE INTENSITY 8:45-9:45am / Melissa / JFlow
BODYPUMP 8:15-9am / Joyce / J360	SCULPT & TONE - H 8:15-9am / Mikki / J360	GENTLE YOGA - H 8-8:45am / Amy / JFlow	LES MILLS CORE - H 8-8:45am / Rebecca / JFlow	GENTLE FLOW YOGA - H 8-8:45am / Sue P. / JFlow	XTREME MASHUP 9-9:45am / Beth/Jana / J360	BODY PUMP 9-9:45am / Beverly / J360
CYCLING 9:15-9:45am / Joyce / JCycle	CYCLING 9:15-10am / Shanni / JCycle	BODY PUMP - H 8:30-9:15am / Emelia / J360	SCULPT & TONE - H 8:30-9:15am / Mikki / J360	CYCLING 8:30-9am / Rebecca / JCycle	CYCLING 9-9:45am / Joyce / JCycle	CARDIO KICKBOXING 10-10:45am / Laurie / JFlow
VIRTUAL ONLY - BARRE & STRETCH 9:15-10am / Natalie / Zoom	TAI CHI 9:30-10:30am / Morris / J360	CYCLING 9-9:30am / Beth / JCycle	MINDFUL MOVEMENT YOGA 9-9:45am / Pam / JFlow	CYCLING - NEW! 9:15-9:45am / Kathleen / JCycle	BARRE ABOVE - H 9:30-10:30am / Karen/Dana / JFlow	MAT PILATES - H 10:35-11:20am / Eileen / J360
XCORE 9:30-10:30am / Jana / J360	BARRE ABOVE - H 9:30-10:30am / Jana / JFlow	ZEN FLOW 9:30-10:30am / Amy / JFlow	BE FIT COMBO 10-10:45am / Patty / J360	ZEN FIT BOOTCAMP - H 9:30-10:30am / Jana / JFlow	ZUMBA 10:45-11:45am / Joan/Maribel / J360	SLOW FLOW 11-12pm / Deepal / JFlow
EXERCISE ARMS & ABS 9:45-10:15am / Dr. Yorker / JFlow	ZUMBA - H 10:45-11:45am / Yoriko / J360	SCULPT & TONE - H 9:45-10:30am / Beth / J360	ZUMBA 10-10:45am / Yoriko / JFlow	BODY PUMP - H 9:30-10:15am / Rebecca / J360		
CYCLING 10-10:45am / Kellie / JCycle	TAI CHI 11am-12pm / Morris / JFlow	FOREVER FIT 10-10:45am / Christine / Wellness	GENTLE YOGA - H 11am-12pm / Susan / JFlow	GENTLE ALIGNMENT YOGA 9:45-10:45am / Ruth / Wellness		
MAT PILATES 10-10:45am / Eileen / JPilates	SLOW FLOW YOGA 12:15-1:15pm / Deepal / JFlow	Virtual Only- BARRE ABOVE 10:45-11:30am / Natalie / Zoom	TOTAL BODY CONDITIONING - H 11:00am-12:00pm / Melissa / J360	MAT PILATES - H 10:30-11:15am / Melanie / J360		
WALK WITH THE DOC 10:15-10:45am / Dr. Yorker / Indoor Track	ADVANCED CHAIR FLOW YOGA 1-1:45pm / Sue P. / J360	ZUMBA 11:30am-12:15pm / Shamsun / J360	TAI CHI - H 12:15-1:15 / Morris / JFlow	MAT STRETCHING 11-11:30am / Dr. Yorker / Fitness Floor		
GENTLE YOGA 10:30-11:15m / Alyssa / JFlow	SPIN & SCULPT 5-5:45pm / Laurie / JCycle	FIT FOR LIFE 12:15-1pm / Shamsun / J360	STRENGTH & BALANCE 1-2pm / Marjie / J360	MINDFUL MOVEMENT YOGA- NEW! 11:15am-12:15pm / Pam / JPilates		
BEFIT COMBO 10:45-11:30am / Patty / J360	STRETCH & VINYASA - H 6-7pm / Susan / JFlow	GENTLE YOGA 12:30-1:30pm / Connie / Wellness	CYCLE 5-5:45pm / Jana/Laurie/Alyssa / JCycle	ZUMBA - NEW! 2:30-3:15pm/Shamsun/J360		
BARRE INTENSITY - H 11:30am-12:15pm / Melissa / JFlow	BODY PUMP 7-7:45pm / Sheryl / J360	TAI CHI 1-2pm / Morris / JFlow	VINYASA FLOW - H 6-7pm / Spencer / JFlow	TEEN ZUMBA- NEW! 3:30-4:15/Shamsun/J360		
TAI CHI 1-2pm / Morris / JFlow	MAT PILATES 7:05-7:50pm / Eileen / JPilates	ADVANCED TAI CHI - H 2-3pm / Morris / J360	LES MILLS CORE 6:30-7pm / Sheryl / J360			
STRENGTH & BALANCE 1-2pm / Marjie / J360	HOUSE PARTY FITNESS - H 7:15-8pm / Anne / JFlow	VIBE 'N RIDE TEEN SPIN - NEW! 4-4:45pm/Sheryl/JCycle	ZUMBA - H 7:15-8pm / Maribel / J360			
SPIN & SCULPT 5-5:45pm / Ryan / JCycle		BEND IT LIKE BUDDHA TEEN YOGA - NEW! 5-5:45pm/Sheryl/J360				
XTREME MASHUP 6-7pm / Ashley / J360		CARDIO KICKBOX 6-6:45pm / Laurie / J360				
CYCLING 6:15-7pm / Joyce / JCycle		BARRE ABOVE - H 6:15-7pm / Dana / JFlow				
BARRE ABOVE - H 6:15-7pm / Karen / JFlow		CYCLING 6:30-7:15pm / Kellie / JCycle				
GENTLE VINAYSA 7:15-8pm / Amy / JFlow		WARRIOR RHYTHM 7:30-8:30pm / Karen / J360				
ZUMBA - H 7:15-8pm / Karen / J360						

Schedule Key
Mind & Body
Cycling
Cardio/Strength
Zumba/Dance
Dr. Yorker
H= Hybrid Classes
Beginner Friendly

**Advanced Chair Flow Yoga:** In this class you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits of chair yoga include increased mobility, increase strength, stretch the body, reduce stress, reduce pain & clear the mind.

**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.

**Barre & Stretch:** Barre meets the mat. Strength endurance exercises mixed with core and stability focused mat work, add in extra mobility work and stretching and you've got the perfect injury-prevention and recovery workout. What a great way to start your week and set an intention!

**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.

**Exercise Arms & Abs:** Come for a bands exercise class to target arms and abs. All experience levels welcome.

**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 Alignment Yoga:** Create a deeper sense of self-awareness and re-charge your body-mind connection as you connect through breath and physical sensation. Longer holds in postures and healing intentions are features of this practice that may use blocks, straps, and bolsters.

**Gentle Flow 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. 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.

**Gentle Vinyasa:** Create a deeper sense of self-awareness and recharge your body-mind connection as you connect breath and physical sensations. Longer holds in postures and healing intentions are features of this practice that may use blocks, straps and bolsters.

**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.

**Intro to Cycling:** A half hour class designed to show you proper bike setup, positions, metrics & a short ride to get you comfortable with your venture into cycling.

**Les Mills Core:** This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt as well as improving functional strength and assisting in injury.

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

**Mat Stretching:** Individuals will get a full body stretch using movements that will increase flexibility, decrease muscle tension, and help improve muscular balance.

**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.

**Mindful Movement Yoga:** Connecting mind & body with breathing techniques for a tranquil experience.

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

**Rhythm Ride:** A cycling class that is designed for the rider who loves to connect to the beat of the music and the energy generated from a great workout.

**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.

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

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

**Stretch & Vinyasa:** This all levels yoga class offered stretches, core and balance along with flows to get a well rounded workout.

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

**Vinyasa Yoga 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.

**Walk with the Doc:** Meet at the track to walk and talk with the Doc about your health!

**Warrior Rhythm:** Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

**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.

**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!