



# May 2024 Group Exercise Schedule



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

<b>Schedule Key</b>
<i>Mind/Body</i>
<i>Cycling</i>
<i>Cardio/Strength</i>
<i>Zumba/Dance</i>
<i>Dr. Yorker</i>
<i>H= Hybrid Classes</i>
<i>Beginner Friendly</i>

**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 Bodybalance:** bend & stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.

**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.

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

**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 stationary 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!

**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!