



GROUP FITNESS SCHEDULE

October 30 – December 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:00-7:00am						
9:00-10AM	*TRX Laurie 8:30 – 9:15	Boom Move! Sandy 9:15	*TRX Laurie 8:30 – 9:15		*TRX Laurie 8:30 – 9:15	**Yoga Flow Dayle 8:30-9:30
10:00-11:00am						
11:00-12:00pm	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	SilverSneakers Donna/Sandy 10:30-11:15	
3:00-4:00pm						
4:00-5:00pm						
5:00-6:00pm						
	*TRX Laurie/Amy 5:15 – 6	Total Body Blast Kayla 5:15 – 6	*TRX Laurie/Amy 5:15 – 6	Total Body Blast Amy 5:15 – 6		

No Classes Thanksgiving Day

Class Descriptions Below:

Boom Move! This is a dance class for all! Regardless of dance experience, you will have a great time moving and sweating

Total Body Blast: Hit each muscle group in this class! Total Body Blast builds a strong core, total-body strength and endurance. You will use weights, steps, bands and balls to help improve balance and strengthen muscles.

TRX: Total Body Resistance Training or suspension training builds a strong core, flexibility, strength and endurance. You will use only your body weight to help improve balance, strengthen muscles and joints in order to complete challenging exercises more effectively. You can take your performance to the next level or choose to modify movements for beginners or for members with limitations. *Maximum of 8 Participants – First Come, First Serve*

SilverSneakers: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Yoga Flow Yoga Flow is inspired by Vinyasa, which synchronizes movement with breath, flowing from one move to the next. This class will help you build strength, increase flexibility, and find focus through deep breathing. ****Key fob is required for access to the facility on Sundays.**