



# FITNESS CLASS SCHEDULE: MAY 1-MAY 31, 2024

**CLASSES ARE SUBJECT TO CHANGE**

| MONDAY   | TUESDAY                             | WEDNESDAY                                      | THURSDAY                            | FRIDAY   | SATURDAY                    |
|--|-------------------------------------|--|-------------------------------------|--|-----------------------------|
| 6:00AM-7:00AM                                  | 6:00AM-7:00AM                       | 6:00AM-7:00AM                                  | 6:00AM-7:00AM                       |  |                             |
| \$ SMALL GROUP<br>PERSONAL TRAINING<br>BETHANY | \$ CARDIO SPIN<br>BETHANY           | \$ SMALL GROUP<br>PERSONAL TRAINING<br>BETHANY | \$ CARDIO SPIN<br>BETHANY           |  |                             |
|  | 7:45AM-8:45AM                       |  | 7:45AM-8:45AM                       |  |                             |
|  | WEIGHT BAR<br>AIMEE                 |  | WEIGHT BAR<br>AIMEE                 |  |                             |
|  | 9:00AM-10:00AM                      | 9:00AM-10:00AM                                 | 9:00AM-10:00AM                      | 9:00AM-10:00AM   |                             |
|  | SILVER SNEAKERS<br>CLASSIC<br>AIMEE | CIRCUIT<br>AIMEE<br>DEEP WATER<br>KIM          | SILVER SNEAKERS<br>CLASSIC<br>AIMEE | CIRCUIT<br>AIMEE   |                             |
|  | 10:15AM-11:15AM                     |  | 10:15AM-11:15AM                     |  |                             |
|  | TOTAL TONING<br>NOEL                |  | TOTAL TONING<br>NOEL                |  |                             |
| 10:45AM-11:45AM                                | 10:30AM-11:30AM                     |  | 10:30AM-11:30AM                     | 10:45AM-11:45AM  |                             |
| GENTLE YOGA<br>DEB                             | DEEP WATER<br>KATHY                 |  | DEEP WATER<br>KATHY                 | GENTLE YOGA<br>DEB   |                             |
|  | 11:30AM-12:15PM                     | 11:30AM-12:15PM                                | 11:30AM-12:15PM                     |  | 10:30AM-11:45AM             |
|  | ARTHRITIS<br>FOUNDATION<br>KATHY    | SILVER SNEAKERS<br>SPLASH<br>KATHY             | SILVER SNEAKERS<br>SPLASH<br>KATHY  |  | YOGA<br>INTERMEDIATE<br>DEB |
| 12:00PM-12:45PM                                | 12:00PM-1:00PM                      |  | 12:00PM-1:00PM                      | 12:00PM-12:45PM  | 12:00PM-1:00PM              |
| SILVER SNEAKERS<br>CLASSIC<br>DEB              | WORLD DANCE<br>NOEL                 |  | WORLD DANCE<br>NOEL                 | SILVER SNEAKERS<br>CLASSIC<br>DEB  | WORLD DANCE<br>NOEL         |
| 1:30PM-2:30PM                                  | 1:30PM-2:30PM                       | 1:30PM-2:30PM                                  | 1:30PM-2:30PM                       |  |                             |
| WORLD DANCE<br>NOEL                            | SILVER SNEAKERS<br>CLASSIC<br>NOEL  | WORLD DANCE<br>NOEL                            | SILVER SNEAKERS<br>CLASSIC<br>NOEL  |  |                             |
| 5:30PM-6:30PM                                  | 5:30PM-6:30PM                       | 5:30PM-6:30PM                                  |                                     |  |                             |
| WORLD DANCE<br>NOEL                            | CARDIO SPIN<br>JESIEKA              | WORLD DANCE<br>NOEL<br>CARDIO SPIN<br>JESIEKA  |                                     | <p><b>CLASSES MARKED WITH A \$ ARE SUBJECT TO SEPARATE FEES. ALL CLASSES REQUIRE EITHER A MEMBERSHIP OR DROP-IN PASS IN ORDER TO ATTEND.</b></p> |                             |
|  |                                     |  |                                     |  |                             |

# Fitness Class Descriptions

**Silver Sneakers Classic**—Variety of exercises to increase muscular strength, range of movement and daily living activities. Hand-held weights, elastic tubing with handles and a SS ball offered for

**Small Group Personal Training**—Bethany's Bootcamp is circuit style training, modifiable for nearly all levels with the expert eye of a certified personal trainer. These are full body workouts with an emphasis on core strengthening, mobility enhancement and balance improvements. Using a combina-

**Weight Bar** — Strengthen all your major muscles in an inspiring, motivating group environment with this barbell program. With simple athletic movements such as squats, lunges, presses, and curls, this

**Circuit** — Cardio, weight and core put together in a circuit training style format. Rotating through low

**Total Toning**—Challenging, fun, full body toning experience using a chair, hand weights, body weight, and mat work. Improves muscular strength, endurance, balance, flexibility, and coordination while

**World Dance**—A one hour aerobic dance fitness class utilizing music, rhythms, and dance styles from Africa, India, Latin America, and all over the world. All levels welcome. Just have fun and

**Cardio Spin**—Fun, fast-paced workout. High-energy music and an energizing 60-minute workout.

**Gentle Yoga**— Perfect class for beginning students and those with movement, joint or balance challenges. We will work on poses that heal and nurture good body mechanics, good breathing habits,

**Yoga Intermediate**—(Not for beginners, aimed for stronger yoga students) Class starts with 5 minutes of pranayama (yogic breathing practice to strengthen and relax). Then moves on to a high energy flow of movement combined with the appropriate breath, called Surya namaskar or sun salutations. This includes forward and backward bends, standing and balance poses all taught with attention to alignment of the body. We finish the hour with challenging core work and seated and restorative

**Silver Sneakers Splash** — A fun, shallow-water exercise class that uses a variety of equipment to increase movement and intensity options. Splash is suitable for all skill levels and is safe for

**Arthritis Foundation**—A warm-water exercise program shown to reduce joint pain and improve overall health by increasing strength and flexibility. This class will improve your day-to-day life and is suitable

**Deep Water Aerobics**—Low-impact, fast-paced, cardiovascular workout. Utilizes buoyancy and resistance equipment.