

FITNESS SCHEDULE MAY 18 - AUG 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a		Y FIT 45 minutes		Y FIT 45 minutes		
5:30a	Y PUMP 60 minutes	YOGA 60 minutes SURGE FIT 45 minutes	Y PUMP 60 minutes	YOGA 60 minutes	HIGH FITNESS 45 minutes	
5:45a		CYCLING 45 minutes		CYCLING 45 minutes		
7:00a						Y FIT 45 minutes
8:30a	Y FIT 45 minutes		Y FIT 45 minutes		Y FIT 45 minutes	
9:00a		Stepl Strength 45 minutes		Stepl Strength 45 minutes	TAI CHI 30 minutes	Cycling
9:30a		YOGA 60 minutes		YOGA 60 minutes		East Gym
10:00a	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			Middle Gym
10:30		SR STRENGTH & CARDIO 60 minutes		SR STRENGTH & CARDIO 60 minutes		Studio A (upstairs)
11:00			ZUMBA GOLD 30 minutes		ZUMBA GOLD 30 minutes	Studio B (downstairs)
12:15	CORE EXPRESS 30 minutes	STRONG START 30 minutes	CORE EXPRESS 30 minutes	STRONG START 30 minutes	CORE EXPRESS 30 minutes	
1:00		PILATES 45 minutes		PILATES 45 minutes		
5:30p	CARDIO DANCE 60 minutes Y FIT 45 minutes		CARDIO DANCE 60 minutes Y FIT 45 minutes			

ADULT FITNESS CLASSES

Y FIT - This class will include a mixture of cardio and strength in a fast paced workout setting that consists of group training, circuit training, HIIT and tabata training.

Cardio Dance - An awesome dance-based total workout. Cardio and resistance.

Parkinson's in Motion - Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

Cycling - A versatile, low-impact aerobic exercise that improves cardiovascular fitness, builds lower-body strength and strengthens the core.

Sr. Strength & Cardio - Implements research-driven physical activity programs that improve health and performance in older adults. Incorporates a cardiovascular and strength training segment using hand & ankle weights.

Yoga - Practices the fundamentals of Hatha through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind.

Strong Start - A beginner friendly total body strength class focused on building strength, supporting bone health, and improving balance. Utilizing bodyweight exercises, resistance bands, and dumbbells.

Y Pump - Pump up the volume and transform you body. You will be pumping barbells and plates to pulse pounding music for every major muscle group.

High Fitness - A zero equipment, full body workout that utilizes a combination of aerobic and anaerobic training. Alternating bouts of high-intensity movement with moderate/active recovery means you avoid plateaus and constantly challenge your body in a safe and effective way that works for YOU!

Pilates - Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

Tai Chi - Experience the serenity of Tai Chi, a centuries-old Chinese practice that combines graceful movements, deep breathing, and mindfulness to promote physical and mental well-being. In this introductory class, you will learn the 10 basic forms of the Yang style of Tai Chi.

Zumba Gold - A low impact but high energy class of adults looking for a modified Zumba class. This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Surge Fit - Functional and isolated weight training using dumbbells & body weight, with a few short cardio bursts for a fun, challenging, full-body workout!

Core Express - This 30 minute Core Express class will be using a variety of exercises emphasizing the core muscles. Benefits include increased strength, stamina, posture, coordination and control of your body.

Stepl Strength - Cardio-based Stepl routines alongside Stepl Strength tracks utilizing dumbbells. Expect effective and easy-to-follow routines that are designed to make every class feel like a party!