

# FITNESS SCHEDULE AUGUST 24 - OCTOBER 4

|        | MONDAY                                            | TUESDAY                                          | WEDNESDAY                                         | THURSDAY                                        | FRIDAY                     | SATURDAY                 |
|--------|---------------------------------------------------|--------------------------------------------------|---------------------------------------------------|-------------------------------------------------|----------------------------|--------------------------|
| 5:00a  |                                                   | Y FIT<br>45 minutes                              |                                                   | Y FIT<br>45 minutes                             |                            |                          |
| 5:30a  | Y PUMP<br>60 minutes                              | YOGA<br>60 minutes<br>HIGH FITNESS<br>45 minutes | Y PUMP<br>60 minutes                              | YOGA<br>60 minutes                              | HIGH FITNESS<br>45 minutes |                          |
| 5:45a  |                                                   | CYCLING<br>45 minutes                            |                                                   | CYCLING<br>45 minutes                           |                            |                          |
| 7:00a  |                                                   |                                                  |                                                   |                                                 |                            | Y FIT<br>45 minutes      |
| 8:30a  | Y FIT<br>45 minutes                               |                                                  | Y FIT<br>45 minutes                               |                                                 |                            |                          |
| 9:00a  |                                                   | STEPIT STRENGTH<br>45 minutes                    |                                                   | STEPIT STRENGTH<br>45 minutes                   | TAI CHI<br>30 minutes      | Cycling                  |
| 9:15a  |                                                   | YOGA<br>60 minutes                               |                                                   | YOGA<br>60 minutes                              |                            | East Gym                 |
| 10:00a | PARKINSONS IN<br>MOTION<br>60 minutes             |                                                  | PARKINSONS IN<br>MOTION<br>60 minutes             |                                                 |                            | Middle Gym               |
| 10:15  |                                                   | FOREVER WELL<br>STRENGTH & CARDIO<br>60 minutes  |                                                   | FOREVER WELL<br>STRENGTH & CARDIO<br>60 minutes |                            | Studio A<br>(upstairs)   |
| 11:00  | ZUMBA GOLD<br>30 minutes                          |                                                  | ZUMBA GOLD<br>30 minutes                          |                                                 |                            | Studio B<br>(downstairs) |
| 12:15  | CORE EXPRESS<br>30 minutes                        | STRONG START<br>30 minutes                       | CORE EXPRESS<br>30 minutes                        | STRONG START<br>30 minutes                      | CORE EXPRESS<br>30 minutes |                          |
| 1:00   |                                                   | PILATES<br>45 minutes                            |                                                   | PILATES<br>45 minutes                           |                            |                          |
| 5:30p  | CARDIO DANCE<br>60 minutes<br>Y FIT<br>45 minutes |                                                  | CARDIO DANCE<br>60 minutes<br>Y FIT<br>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** - Cycling is a great workout that people of all fitness levels can enjoy with the freedom to make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended.

**ForeverWell Strength & Cardio** - Implements effective, research-driven physical activity programs that are scientifically proven to 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.

**Zumba** - This class combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines. Including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Hip Hop.

**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 hat focuses on balance, range of motion and coordination.