



GROUP EXERCISE SCHEDULE

Effective June 29, 2020

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Cycle (45 min. w/Pat)		Cycle (45 min. w/Pat)		
8:30am	Warrior Bootcamp (60 min.)	Synergy360 (45 min)	Warrior Bootcamp (60 min.)	Synergy360 (45 min)	Warrior Bootcamp (60 min.)	Warrior Bootcamp (60 min.)
			Yoga-Core (45 min w/Cassie)		TRX-Cardio Fusion (45min w/Tara)	
					Yoga (45 min w/Jane)	
9:00am		Cardio Tennis (tennis fees apply)			Cardio Tennis (tennis fees apply)	Cardio Tennis (tennis fees apply)
9:30am	Active Adults <i>*Beginner level. Open to all ages.</i> (45 min)	Yoga (45min w/Lydia)	Active Adults <i>*Beginner level. Open to all ages.</i> (45 min)			Synergy360 (45 min)
	Barre-Yoga (45 min w/Sheyrena)					
9:45am					Chair Yoga (45 min w/Jane)	
3:15pm	Warrior Bootcamp (60 min.)		Warrior Bootcamp (60 min.)		Warrior Bootcamp (60 min)	
4:30pm	Synergy360 (45min)	Essectrics (45 min w.Laura)	Synergy360 (45min)	Essectrics (45 Min w/Laura)		
5:30pm	Resistance & Cardio (45min w/Tara)	Cycle (45min w/Mike)	Resistance & Cardio (45min w/Tara)	XCO (45min w/Julie)		
				Cycle (45min w/Mike)		
6:00pm	Warrior Bootcamp (60 min)	Cardio Tennis (tennis fees apply)	Warrior Bootcamp (60 min)			
6:30pm		Martial Arts (90min on Turf)				

Many classes will be held in the basketball gymnasium or the walking track area until further notice



Group Exercise Class Descriptions

Cardio Tennis --- Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories & interact with others outside of the gym.

Cycle - 45---60 Minutes --- cycling focused on strength and stamina designed around music and choreographed “scenery” including hills, curves and long flat fast sections of road.

Essentrics - 60 Minutes - (Beginner level, open to all ages) A dynamic, full body program designed to rebalance the entire body through simultaneous stretching and strengthening

HIIT ---- 45 minutes ---- If you want to take your fitness to a new level, join us for high intensity interval training! HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise followed by longer intervals of low to moderate intensity exercise or rest.

Active Adults - 45 Minutes - (Beginner level, open to all ages) Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand----held weights, and elastic tubing, are used for resistance and a chair is used for seated and/or standing support.

Strength & Resistance - 45---50 Minutes - Work your muscles. This class will promote strength, increase bone density and boost metabolism, allowing you to burn more calories even while at rest. Dumbbells, barbells, resistance bands and your own body weight will be used for a full body strength workout. Great for all fitness levels.

SYNRGY360 - 45 Minutes - A circuit based class pushing you to your limits with the Synrgy360. It’s about more than just working out; it provides limitless opportunities to train smarter, better, and more effectively with a wide variety of training modalities.

TRX Cardio Fusion - 45 Minutes ---- A NEW WAY TO TRAIN ---- Suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once, as is required on the playing fields and in life. This class combines bursts of cardio throughout the class.

TRX-Box -- 45 minutes -- All of the functional and stabilizing benefits of suspension training mixed with the heart pounding cardiovascular attributes of kickboxing.

Yoga / Yoga Core/ Chair Yoga -- 45-60 minutes ---- Flowing and holding poses with core/Pilates moves mixed in. Beginner modifications will be given. If you are new to yoga, please arrive 5----10 minutes early.

Zumba/XCO - 45-60 Minutes - Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning targets zones, including arms, core and lower body.

Warrior Bootcamp - 60 min - An intermediate or above level class utilizing aspects of cardiovascular conditioning, hypertrophy (muscle building), and strength training. Using higher level techniques and schemes to create a full body, balanced training effect.

Saturday Sampler - 45-60 min - A rotation of different classes of different disciplines ranging from Zumba, to Yoga, to Barre, and more!! See our Facebook or Front Desk to find out which class is a GO for the week!!

Barre-Yoga - 45 min - A hybrid workout class combining ballet inspired movements with elements of Pilates, dance, yoga, and strength training.

Martial Arts (SHURI-TE JU-JUTSU) - 90 min - Our style of Ju-Jutsu (science and skill of softness) is a complete martial arts system emphasizing entering, trapping, striking, joint locking, throwing / takedowns, grappling, choking, immobilizing, pressure points, vitalpoint striking methods, weapons and internal energy development. See Website for more details and contact info