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<td>Cycling</td>
<td>USC (Adam/Michelle W)</td>
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<td>BodyCombat™ (Katie)</td>
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**SUNDAY**

- **8:00-9:00am**
  - Zumba® (Anita)
  - Deep Water (Michelle W)
  - SilverSneakers® Classic
- **9:00-10:00am**
  - BodyCombat™ (Kari)
  - Deep Water (Anita)
  - SilverSneakers® Classic
- **11:00am-12:00pm**
  - BodyCombat™ (Kari)
  - SilverSneakers® Classic
  - SilverSneakers® (Tammy)
- **1:00-2:00pm**
  - BodyCombat™ (Andrea)
  - SilverSneakers® (Mo)
- **2:00-3:00pm**
  - SilverSneakers® Classic
  - Active Together (Karin)
- **3:00-4:00pm**
  - SilverSneakers® (Mo)
  - SilverSneakers® Classic
- **4:00-5:00pm**
  - SilverSneakers® Classic
  - SilverSneakers® (Mo)

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**NOTES**

- **Barre** (Maureen): 4:30-5:20pm PS
- **Zumba® Toning** (Kari): 11:25-11:55am AS
- **SilverSneakers® Classic** (Andrea): 12:45-1:30pm AS
- **SilverSneakers® (Mo)**: 10:00-10:40pm AS
- **SilverSneakers® Classic** (Tammy): 12:45-1:30pm AS
- **BodyCombat™ (Lex)**: Move Together (theresa) 3:45-4:15pm AS
- **Conditioning Together (theresa)**: Move Together (theresa) 3:45-4:15pm AS
- **Circuit (theresa)**: Move Together (theresa) 3:45-4:15pm AS
- **dancFIT (Andante)**: Move Together (theresa) 3:45-4:15pm AS
- **BodyCombat™ (Kari)**: 3:40-4:40pm AS

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**Group Exercise Schedule**

**JANUARY 5 – APRIL 4, 2020**

*UPDATED FEBRUARY 1, 2020*
Cardio

BODYCOMBAT™ is a workout where we punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast. Supported by driving music and powerful role model instructors, participants will strike, punch and kick their way through calories to superior cardio fitness. Our Combat Express class offers the same style class within a shorter time frame.

Cycling

Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

danceFit uses easy to learn dance combinations set to fun music allowing participants to get a great workout.

Zumba® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Much of the music used in this class is Latin-rhythm inspired.

Strength

Barre

An athletic blend of ballet technique, yoga, Pilates and strength training. Bare feet or sticky socks are recommended.

BODY PUMP™ is a barbell class based on the REPeffect™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone, and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation, and great movement.

Combo

Active Together

is an innovative 60-minute workout that improves cardiovascular fitness, builds total-body strength and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, bodyweight and The Step.

Circuit

Combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

Conditioning Together

is a 30-minute full-body movement with load that will enhance your Vitality, Performance, and Reconditioning. The dynamic music creates a motivating and inspiring atmosphere to give you a one of a kind experience. This class utilizes the *ViPR.

Low-Impact Cardio Strength

allows participants to improve their strength and cardiovascular systems. Participants will increase their heart rates with high energy, low-impact aerobic moves, and strengthen their muscles through the use of resistance tubing, dumbbells, or their bodyweight.

SilverSneakers® Classic

move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. (A chair is used for support.)

Total Body Conditioning

Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in the high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!

Ultimate Strength & Cardio (USC)

is an interval workout for muscular strength, endurance and cardiovascular systems that focus on functional training utilizing weights, body weights and variable resistance.

Zumba® Toning incorporates the use of lightweight maraca-like Toning Sticks to enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Zumba® Toning Gold blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles.

Mind/Body

Chair Yoga

This class offers the benefits of yoga with the stability of a chair. The focus is on developing strength, flexibility, balance, and restoration in a safe, guided pace.

Move Together

is a 30-minute class for anybody looking to improve their overall movement health, to move better, with ease and less restriction and discomfort. This class utilizes the *ViPR.

Silver Sneakers Yoga® move through a whole-body series of seated and standing yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Yoga

the instructor will skillfully and gently guide participants through yoga postures for improved strength, balance and flexibility. Learn how to develop and control breathing through a series of flowing movements designed to strengthen and lengthen the muscles, developing a mind-body connection.

Youth/Family Classes

Family Fitness (Families with kids 5+)

Look for games, exercises, stretching and LOADS of fun with your kids!

Aquafitness No swimming experience required.

Aquacise

This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

Aquafit Zumba® blends the fun of a Zumba® class with the low-impact environment of the water to create a fun, high-energy class.

Aqua Blast

moderate to high intensity levels of cardio and muscular endurance utilizing your own body against the resistance of the water; dumbbells and noodles are also used for added resistance and variety of movements. Interval training, constant aerobic training and strength training will be found in this all in one aquatic class.

Aqua Toning utilizes handbuoys, the resistance of the water, and dynamic movements to create improved muscle tone and definition.

Deep Water

This moderate to high intensity aerobic workout takes place in the deep end of the pool. Participants should be comfortable in deep water. Flotation belts or noodles will be used.

Silver Sneakers® Splash

Jump in for a fun, shallow-water class that improves agility, flexibility, and endurance. This is a great low-impact option. No swimming ability is required and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

*ViPR: bridges the gap between movement and strength training. It combines full-body movement with load.