



GROUP X CLASSES FREE WITH MEMBERSHIP

March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am						Cardio Kickbox Ken	
9:30	WERQ Krissey	Sweat & Strength- Sam	Strength Fran	WERQ Nicole	Circuit Boot Camp-Khai		
			Vinyasa Flow Yoga Cindy-Yoga Studio				
10:00	H2O Aerobics Kirsten		H2O Aerobics Misiel		H2O Aerobics Susan	Hard Core Christina	
10:30	Core PLUS Terry	FIT Fran	Hatha Mix Yoga Cindy	Silver Sneakers ZumbaMix/Becky	Gentle Yoga Danielle/Mahya	Hatha Mix Yoga Bridget/Christina/Terry	
11:30	Silver Sneakers Becky						Strength PLUS Fran
1:00		Water Exercise		Water Exercise			
5:00		WERQ Nicole					
6:00	Cycle Claudia	Strength Ken	Cycle & Weights Claudia/Stephanie	Strength Misiel			
				Cycle Haley			
7:00				Yin Yoga Bridget			

YOGA-STRETCH

GENTLE YOGA A great practice for beginners or those with a limited range of motion. Learn foundational poses with a focus on balance, flexibility & strength. Less vigorous than other yoga styles.

HATHA MIX YOGA This yoga class is practiced at a slower pace holding poses longer, with focus on the breath, controlled movements & stretching. May incorporate the use of light weights or other props.

VINYASA FLOW YOGA This challenging practice taps into your core strength and combines a sequence of poses with movement to create energy, heat & balance.

YIN YOGA This yoga practice is designed to reset your body and mind through deep, long holding poses. The class is a slow-paced, therapeutic style of yoga that targets deep connective tissues, mainly around the key joints - hips and shoulders.

AQUA

WATER AEROBICS This cardiovascular class burns lots of calories, is easy on the joints, tones muscles, increases flexibility & is excellent for weight loss & body definition. Modifications for all levels of fitness.

WATER EXERCISE (no instructor present) Class tones & strengthens muscles while increasing range of motion, presented by an audio trainer.

LOWER-MODERATE INTENSITY

CORE PLUS Class incorporates Essential Core Performance moves to build strength combined with traditional stretches for enhanced balance & flexibility. Modifications for all levels.

HARD CORE This short but demanding class employs a variety of exercises to target your rectus abdominis, obliques & transversus abdominis, ensuring comprehensive core training.

FIT Functional Integrated Training is a strength training class using body weight to challenge muscle endurance, balance & coordination.

SILVER SNEAKERS CLASSIC Have fun & move to the music through a variety of exercises designed to increase strength, range of motion & activities for daily living. A chair is available for seated or standing support. Thursdays class choreographed with easy-to-follow Zumba moves.

STRENGTH This foundational class teaches the basic movements of weight training with a strong emphasis on proper form. It provides options to keep things challenging as you build strength & stamina.

STRENGTH PLUS Combine the basic movement of weight training with the addition of foundational movement patterns guaranteed to increase flexibility and joint movement. Stay fit for life no matter the age!

WERQ A fiercely fun dance fitness workout class based on pop, rock & hip hop music! Warm up previews the dance steps and cool down incorporates yoga poses. All fitness levels welcome.

HIGH INTENSITY

CARDIO KICKBOX Strike, punch & kick your way into a high energy workout. Burn mega calories, build strength & stamina in this class inspired from moves originating from martial arts.

CIRCUIT BOOT CAMP This high energy class motivates you through timed intervals using multiple exercises & a wide variety of equipment to keep it fun & challenging! Includes resistance training to build strength while increasing mobility, agility & challenging your cardiovascular system.

CYCLE Combine high intensity cardio training with interval strength training for toning and firming muscles. Motivational music & cues will guide riders through hills, jumps, increases in intensity & speed. A heart rate monitor is recommended. Wednesday class includes weight training.

SWEAT & STRENGTH This class is in an interval format, combines cardio and strength & amps up the fun! Increase your energy, metabolism, strength & endurance. All fitness levels welcome.



ADDITIONAL FEE PER ACTIVITY

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
9:30 AM						
12:30PM						
1:30						Baton Twirling Gym
5:30						
6:00	Baton Twirling Tammy-Gym		Baton Twirling Tammy-Gym			
7:00	Aikido Martial Arts Group X Studio		Aikido Martial Arts Group X Studio			

KIDZ FITNESS PROGRAMS

BATON TWIRLING This training combines dance, agility, coordination, flexibility and often gymnastics while manipulating a single baton or multiple batons. Baton Twirling is primarily performed while accompanied by music and is a fun and challenging training for all. Contact Tammy Albrecht: ltedtwirler@gmail.com

SWIM LESSONS Private & semi-private lessons available by appointment.

ADULT PROGRAMS

AIKIDO A martial art training focusing on blending one's energy with that of an attacker in order to neutralize the attack. Focus on self-defense and the perfection of the individual. Ages 13 and up. Contact Paul: pjdomanski@gmail.com for further details.