



Winter Group Exercise Schedule

Jan. 6-March 27

Classes with less than 5 participants will be cancelled

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Biker Blast	Cardio Sculpt	Biker Blast	Cardio Sculpt	Biker Blast
7:00am		Yoga Strength		Yoga Strength	
8:30am					
9:00am	Senior Fit	H.I.I.T	Senior Fit	H.I.I.T	Senior Fit
9:15am					
12:10pm	Biker Blast	Cardio Mix Up	Biker Blast	Cardio Mix Up	
5:30pm	Body Blaze	Biker Blast	Body Blaze	Biker Blast	

*All classes can be modified to any fitness level

Participants should consult their physician before starting any fitness program

CLASS DESCRIPTIONS ON BACK

Biker Blast- This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

Yoga Strength- A more strenuous yoga that will strengthen your core muscles while giving you a deep stretch to help relax and rejuvenate your muscles. All fitness levels welcome and encouraged to attend.

Cardio Sculpt- A combination of heart strengthening cardio mixed with strength training to sculpt and tone your entire body. All fitness levels welcome and encouraged to attend.

Cardio Mix Up- A powerhouse workout that will test your cardiovascular system and tone and shape your muscles. This class will give you a full body workout. All fitness levels welcome and encouraged to attend.

Senior Fit- This low impact class combines cardiovascular fitness and strength with balance and flexibility to help participants stay fit with minimal impact on the joints. All fitness levels welcome and encouraged to attend.

Body Blaze- A total body fitness and conditioning class that incorporates cardio fitness, strength training, plyometrics, and stretching to increase your fitness level and build and tone muscle. All fitness levels welcome and encouraged to attend.

H.I.I.T- (High Intensity Interval Training) A cardio/strength class that alternates intense periods of exercise with less intense recovery periods. All fitness levels welcome and encouraged to attend.