

# Group Exercise Schedule

## Effective September 1

### Key: Class Location

CS = Cycle Studio

GES = Group Exercise Studio

MBS = Mind Body Studio

Pool = Pool

### Sachs Recreation Center Hours:

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-3pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am <b>Group Cycle</b> Carol/Bill CS	5:45-6:45am <b>Total Body Conditioning</b> Amy K. - GES	5:45-6:45am <b>Warrior</b> Amy K. - GES	6-7am <b>Group Cycle</b> Carol - CS	7:30-8:30am <b>Tabata &amp; More</b> Nancy - GES	5:45-6:45am <b>TRX Bootcamp</b> Amy K. - GES	7:15-8:15am <b>Group Cycle</b> Carol - CS
9-10:15am <b>Yoga</b> Steve - MBS	9-9:50am <b>Group Cycle</b> Ellen - CS	7:30-8:30am <b>HIIT</b> Nancy - GES	9-10am <b>Full Body Strength</b> Ellen - GES	7:45-8:45am <b>Group Cycle</b> Carol - CS	9-10am <b>Group Cycle</b> Ellen - CS	8-8:50am <b>3D Dance</b> Debbie - GES
9-9:50am <b>Full Body Strength</b> Leah GES	9-9:45am <b>Aqua</b> Amy H. - Pool	8:30-9:45am <b>Yoga Tone</b> Nicole - MBS	<b>NEW!</b> 9-10:15am <b>Vinyasa Yoga</b> Kelly B. - MBS	8:30-9:45am <b>Yoga Tone</b> Nicole - MBS	9-10am <b>TRX Bootcamp</b> Amy K. - GES	9-10:00am <b>Vinyasa Yoga</b> Kelly D. - MBS
10-10:50am <b>WERQ</b> Leah - GES	9-9:50am <b>Pulse Barre</b> Lee - GES	9-10am <b>Active Cross Training</b> Jodi - GES	10:15-11:15am <b>WERQ</b> Lee - GES	9-10am <b>Total Body Conditioning</b> Sheri - GES	<b>NEW!</b> 9-10am <b>Yoga</b> Kelly B. - MBS	9-10am <b>Tabata &amp; More</b> Jodi - GES
10:30-11:30am <b>Gentle/ Beginning Yoga</b> Sandi - MBS	10-10:45am <b>Mat Pilates</b> Ellen - GES	9-9:45am <b>Aqua</b> Amy H. - Pool	10:15-11am <b>Aqua</b> Amy H. - Pool	9-9:45am <b>Aqua</b> Amy H. - Pool	<b>NEW!</b> 10:15-11am <b>Chair Yoga</b> Sandi - MBS	10:15-11:15am <b>Gentle Flow</b> Kelly D. - MBS
	10-11am <b>Gentle/ Beginning Yoga</b> Steve - MBS	4:30-5:15pm <b>Core</b> Leah - MBS	4:30-5:30pm <b>Total Body Conditioning</b> Leah - GES	10-10:45am <b>Core &amp; Stretch</b> Sheri - GES		10:15-11am <b>WERQ</b> Lee - GES
	11:15am-12pm <b>Chair Yoga</b> Steve - MBS	6-7pm <b>Yoga</b> Sandi - MBS	<b>NEW!</b> 6:00-7:00pm <b>Back to Basics Yoga</b> Sandi - MBS	<b>NEW!</b> 10-11am <b>Yoga</b> Lisa D. - MBS		11:10am-12pm <b>Pulse Barre</b> Lee - GES
	4:30-5:30pm <b>Total Body Conditioning</b> Kendall - GES	7:15-8pm <b>Yin Yoga</b> Sandi - MBS		5:15-6:15pm <b>Pulse Barre</b> Lee - GES		<b>NEW TIME!</b> 12:15-1pm <b>Aqua</b> Amy H. - Pool
	7-8:15pm <b>Himalayan Yoga</b> Pat - MBS			6:00-7:00pm <b>Yoga</b> Tatiana - MBS		



# Group Exercise Class Descriptions

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**Active Cross Training:** This interval based class combines full-body strength with cardio bursts. A total body conditioning workout will tone your entire body and improve your cardio endurance. A variety of exercises will be designed to fit all levels of fitness including modifications as needed.

**Aqua:** This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

**Back to Basics Yoga:** Ever wonder if you are doing it right when the instructor says things like "shoulders down," "hips square," or "reach up"? Join our instructor for personalized guidance on common yoga techniques.

**Chair Yoga:** Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

**Core:** Class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. The instructor may include a variety of equipment in this great workout. Enjoy a quick class focused on strengthening the core.

**Core & Stretch:** Class is designed to build core muscle groups while improving posture, plus you will stretch and lengthen the body. Participants will learn to use props such as bands, Pilates rings, and the much-needed foam roller. Come to learn how to better stretch on your own!

**3D Dance:** Is a dynamic dance fitness class incorporating cardio, strength, flexibility, and multidimensional movements for a comprehensive workout. This format goes beyond traditional dance workouts by targeting fascia, muscles, heart, and lungs, resulting in improved posture, mobility, and overall well-being. Moves are choreographed to lively music, and proper form is coached continuously throughout the class.

**Full Body Strength:** Challenge your muscles in every possible way using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy to follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout.

**Gentle/Beginning Yoga:** This class will feature simple stretches and postures to improve flexibility and overall good health along with relaxation and breath awareness. This class is designed for students who want to enjoy yoga in an easy, slow-paced practice.

**Gentle Flow:** Incorporates simple flowing sequences to warm up the body, as well as slower-paced movements focusing on alignment, strength, focus and flexibility. Geared towards anyone looking for gentle practice or new to yoga.

**Group Cycle:** Lead through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training..

**HIIT:** HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. This class combines resistance training with plyometric moves to improve your strength and power.

**Himalayan Yoga:** Himalayan Style Yoga is a traditional form of Yoga. The emphasis is Hatha Yoga and incorporates Asanas (postures), breath work (pranayama), relaxation and meditation. It helps create balance, mindfulness, and preparation to sit and meditate. It is designed for students who are looking for more than physical exercise and would like to understand and enjoy the true philosophy of yoga.

**Mat Pilates:** This Pilates workout is mat-based and will sculpt your muscles from head to toe. Class will focus on stabilizing the core, improving posture and strengthening the total body!

**Pulse Barre:** This class is a total body workout that slims your hips, tightens your thighs, lifts your seat and mobilizes your metabolism utilizing ballet movements, intelligent isometrics, challenges in rhythm, range of motion and progressive core training. Your body heals, tightens, strengthens, so you look, feel and move better!

**Tabata & More:** This high intensity interval training class will focus on combinations of strength and cardio intervals using the Tabata format of training. Each exercise requires 20 seconds of work followed by 10 seconds of rest repeated 8 times. This class is a perfect fusion of strength and cardio to give you a full-body workout.

**Total Body Conditioning:** Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.

**TRX Bootcamp:** This class takes your workout to a whole new level utilizing the TRX suspension trainer along with additional tools (will vary week to week) to build total body strength and cardiovascular endurance while increasing flexibility and challenging your core all at the same time.

**Warrior:** This high energy workout has participants working circuit style. Concept2 Bike ERG and Water Rowers will be the staple in this class. Instructor will use other fitness toys (battle ropes, kettlebells, sand bells, etc.) based on the plan for you that day.

**WERQ:** This wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

**Vinyasa Yoga:** You'll flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement and build strength and endurance as you push the edge of your balance and flexibility.

**Yin Yoga:** Relax, strengthen and soothe the mind. Focus in on flexibility, balance, and strength through postures and breathing. Beginners through Level II.

**Yoga:** This class incorporates yoga postures, gentle movement sequences, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the body and quieting of the nervous system.

**Yoga Tone:** Traditional Yoga poses combined with light weights for definition and tone with a focus on breathwork and alignment all set to energizing music for a full body workout.