

# Class & Group Fitness Calendar

\*\*Instructors may choose to cancel class if there are 3 or less participants.\*\*

## September 2022

AM Classes

PM Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
	5:15-6:30am <b>Cycling</b> Jim		5:15-6:30am <b>Cycling</b> Jim			
8:00-8:50am <b>Gentle Yoga</b> Alyssa <i>(no class Sept. 5th)</i>	8:10-8:45am <b>Step</b> Kristin	8:00-8:50am <b>Gentle Yoga</b> Alyssa	8:15-9:00am <b>T.B.S.</b> Amy	8:05-8:50am <b>Circuits with</b> Sara		
9:05-9:40am <b>Monday Mix-up</b> Stephanie <i>(no class Sept. 5th)</i>	9:05-9:50am <b>Cycle &amp; Sculpt</b> Stephanie	9:05-9:50am <b>Stretch &amp; Tone</b> Kristin		9:05-9:50am <b>Strength &amp; Tone</b> Amy		
10:00-10:45am <b>SilverSneakers</b> Justin <i>(no class Sept. 5th)</i>			10:00-10:45am <b>SilverSneakers</b> Justin		<p>*No classes and the gym is unstaffed on September 5th for Labor Day.</p> <p>*Monday Mix-up with Steph is stability ball!</p> <p>*Nonmembers drop in rate for classes is \$5.</p> <p>*<b>Green</b>—Rock Steady Boxing is a class designed for Parkinson’s Disease Fighters, a boxing inspiring circuit class focused on balance, movement, and fun.</p>	
11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin <i>(no class Sept. 5th)</i>	11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin		11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin			
	1:00-1:45pm <b>SilverSneakers</b> Justin		1:00-1:45pm <b>SilverSneakers</b> Justin			
5:30-6:20pm <b>HIIT</b> Amberly <i>(no class Sept. 5th)</i>	5:30-6:30pm <b>Cycle/Core</b> Ann	5:30-6:20pm <b>HIIT</b> Amberly	5:30-6:30pm <b>Cycling</b> Cim			
	6:40-7:30pm <b>Turn Up</b> Olivia <i>(no class August 30th)</i>					

# Group Exercise Class Descriptions

Don't be afraid to try all these great classes. Just do what you can. Work at your own pace and enjoy some good company while you workout!

**Circuits with Sara** - this class will be more geared to a HIIT workout style for a full-body workout. It is a 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.

**Core** – Need we say more? This class is geared to work your abdominal, back and glute muscles which are so important for our everyday functioning. Plus, who doesn't want work on their middle section :)

**Cycling**- Diversified has awesome spinning instructors that are ready to give you a great workout. Spinning is an exercise that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout. The spinning bike is designed to mimic an outdoor bicycle ride with the added bonus of core and leg exercise to tone while you burn.

**Cycle & Sculpt** - is exactly as the name describes—it's the best of both worlds: an endurance-building workout that also focuses on toning and tightening your major muscle groups.

**HIIT**– High intensity interval training, this class uses body weight and some equipment to take you through a great cardio and total body workout. It teaches your body how to efficiently use its energy sources combining agility, speed, power & stamina.

**Monday Mix-up**– Stephanie will do a variety of workouts rotating on a monthly basis, just show up and see what fun your in for :)

**Rock Steady Boxing** – Parkinson's Disease Fighters bring their Cornerman to a boxing inspiring circuit class focused on balance, movement, and fun led by certified Coaches Stephanie & Justin. We're learning everyday that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. (info@rocksteadyboxing.org)

**Silver Sneakers® Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**Stretch and Tone** - This class shows you basic movements with a simple routine that's easy to follow along. Use your level of weights, stability balls and your body weight to improve balance while building muscular and core strength and endurance.

**Step/Core** - Step aerobics to get that ticker going followed by a good core workout to strengthen and tone your midsection

**Stretch and Tone** - This class shows you basic movements with a simple routine that's easy to follow along. Use your level of weights, stability balls and your body weight to improve balance while building muscular and core strength and endurance.

**T.B.S.-** (Total Body Strength) is a simple athletic based workout that strengthens, tones, and defines every major muscle group in your body...ideal for beginners to experienced exercisers. It is the workout for EVERY- BODY.

**Turn Up Dance Fitness**— is a high intensity fitness class that combines elements of HIIT, strength training and dance. We evolve unapologetically, live loudly and dance ruthlessly. Turn Up classes will leave you feeling empowered, inspired and oh so sweaty. Come take your fitness to the next level and TURN IT ALL THE WAY UP! No rhythm? No problem, NO dance experience necessary!

**Workout Recovery Yoga** - This type of recovery yoga is for athletes of all abilities, ages and genders. This class will focus on the benefits of deep stretching areas of the body to help your body recover and restore. Simple meditating, breathing and poses for a complete body restoration.

**Yoga** - A revolution in mind/body training that will change the way you feel about your body forever. You will stand straighter and feel stronger, while becoming more flexible and physically aware. Yoga is designed for all fitness levels.