

Class & Group Fitness Calendar

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

December 2022

AM Classes

PM Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
	5:15-6:30am Cycling Jim		5:15-6:30am Cycling Jim		9:00-10:00am Cycling Ann- 3rd Cim-10th & 17th	
8:00-8:50am Gentle Yoga Alyssa	8:10-8:45am Step Kristin	8:00-8:50am Gentle Yoga Alyssa	8:15-9:00am T.B.S. Amy	8:05-8:50am Circuits with Sara	10:15-11am Tops off for Turn Up Olivia Dec. 10th only!	
9:05-9:40am Monday Mix-up Stephanie	9:05-9:50am Cycle & Sculpt Stephanie	9:05-9:50am Stretch & Tone Kristin		9:05-9:50am Strength & Tone Amy		
10:00-10:45am SilverSneakers Justin	10-10:30am Recovery Yoga Tessa		10:00-10:45am SilverSneakers Justin		*Turn Up class is helping us fill the Christmas Tree. On December 10th non-members can bring a donation for our Christmas tree (hats, gloves, etc. to keep warm) and the class fee is waved. *Christmas and New Years Day and the gym will be un-staffed.	
11:00-12:30 Rock Steady Boxing Steph/Justin	11:00-12:30 Rock Steady Boxing Steph/Justin		11:00-12:30 Rock Steady Boxing Steph/Justin			
	1:00-1:45pm SilverSneakers Justin		1:00-1:45pm SilverSneakers Justin		*Cycling is back on for Saturdays, no class the Saturdays after Christmas or New Years *Monday Mix-up with Steph is circuits.	
5:30-6:20pm HIIT Amberly	5:30-6:30pm Cycle/Core Ann	5:30-6:20pm HIIT Amberly	5:30-6:30pm Cycling Cim			
	6:40-7:30pm Turn Up Olivia				* Green —Rock Steady Boxing is a class designed for Parkinson’s Disease Fighters, a boxing inspiring circuit class focused on balance, movement, and fun.	

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 :)

Lift Lit– this class will incorporate various sized weights based on ability to tone and strengthen the body all to a beat. Start where you're at with whatever size weight you need!

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.

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!

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.