

# Class & Group Fitness Calendar

## November 2024

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

AM Classes

PM Classes

Monday	Tuesday	Wednesday	Thursday (no classes Nov. 28th)	Friday	Saturday	Sun.
	5:15-6:15am <b>Cycling</b> Jim		5:15-6:15am <b>Cycling</b> Jim			
8:00-8:50am <b>Gentle Yoga</b> Tessa		8:00-8:50am <b>Gentle Yoga</b> Tessa (no class Nov. 27th)	8:15-9:00am <b>T.B.S.</b> Amy	8:05-8:50am <b>Circuits with</b> Sara	9:00-10:00am <b>Cycling</b> Nov. 9th-Ann Nov. 23rd-Cim	
9:00-9:45am <b>Gentle Yoga</b> Tessa	9:05-9:50am <b>Cycle &amp; Sculpt</b> Steph	9:05-9:50am <b>Stretch &amp; Tone</b> Kristin	9:10-9:50am <b>Strong &amp; Flexible</b> Steph	9:05-9:50am <b>Strength &amp; Tone</b> —Amy		
10:00-10:45am <b>SilverSneakers</b> Justin	10:00-10:45am <b>SilverSneakers</b> Danielle (no class Nov. 26th)		10:00-10:45am <b>SilverSneakers</b> Justin	10:05-10:55 <b>Gentle Yoga</b> Julie	*No classes on Thursday, November 28th. Enjoy your Thanksgiving!  *Cycling class returns on Saturdays two times this month!  *Nonmembers drop in rate for classes is \$5, free for members.  *Green are paid clas- ses—*Rock Steady Box- ing is a class designed for Parkinson’s Disease Fighters, a boxing inspir- ing circuit class focused on balance, movement, and fun.	
11:00-12:30 <b>Rock Steady Boxing</b> Steph/Justin	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	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			
		6:30-7:30pm <b>Line Dancing</b> Kristen Schultz				

Staffed Hours: Mondays & Wednesdays 7AM-7PM. Tuesdays & Thursdays 5AM-7PM. Fridays 7AM-6PM. Saturdays: 8AM-2PM. Sundays: Unstaffed

## 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.

**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.

**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](mailto: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** - A simple, motivating program that can help to kick you fitness enthusiasts' into high gear. This class takes you back to basics with motivating music in an energizing setting.

**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 EVE-RY- 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.