

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30am-6:15am*</b>	<b>*Cycling*</b> Margaret *6:30 end time*	<b>Circuit Training</b> Erica	<b>*Cycling*</b> Sarah *6:30 end time*	<b>Circuit Training</b> Erica	<b>*CORE Strength &amp; Stretch*</b> Margaret *6:30 end time*	
<b>9:00am-9:45am</b>	<b>Barre</b> Paula	<b>Circuit Training</b> Jen	<b>Slow Flow Yoga</b> Lara	<b>Circuit Training</b> Bob	<b>Barre</b> Paula	<b>Power Flow Yoga</b> Lara
<b>10:00am-10:45am</b>	<b>Silver&amp;Fit® MSROM</b> Jen	<b>Silver&amp;Fit® MSROM</b> Jen	<b>Silver&amp;Fit® MSROM</b> Margaret	<b>Silver&amp;Fit® MSROM</b> Jen	<b>Silver&amp;Fit® MSROM</b> Margaret	
<b>10:15am-11:00am</b>	<b>AquaFit</b> Margaret		<b>AquaFit</b> Sam		<b>AquaFit</b> Sam	
<b>10:50am-11:35am</b>	<b>Senior Cardio/Step</b> Jen	<b>Senior CORE Strength &amp; Stretch</b> Frankie	<b>Zumba® Gold</b> Aurelia	<b>*Line Dance*</b> Betty/Mary 11:50 end time*	<b>Zumba®</b> Paula	
<b>6:00pm-6:45 pm</b>	<b>Slow Flow Yoga</b> Nancy	<b>Power Flow Yoga</b> Lara	<b>Circuit Training</b> Erica	<b>Barre</b> Jen		
<b>7:00pm-8:00pm</b>	<b>Zumba®</b> Nancy		<b>Zumba®</b> Nancy			



## CLASS DESCRIPTIONS

- AquaFit** - A fitness workout in the pool. Great for toning and strengthening muscles, while being gentle on joints. Enjoy using muscles that are not worked regularly in cardio workouts.
- Barre** – A fusion of posture combinations inspired by ballet, yoga, and Pilates. Dynamic exercises are used to focus on specific sets of muscles.
- Circuit Training** - This class will keep you moving the whole time! Using various pieces of equipment, this class will provide strength and cardio work, and will surely get your heart rate up!
- CORE Strength and Stretch** – A 30:30 hybrid! The first 30 minutes is an upper body/core circuit focusing on strength and toning. In the second 30 minutes, we use yoga in the same way. Be ready to work!
- Cycling** - Using Green Series 7000 bikes, this class will challenge your heart rate with hills, sprints, and intervals during this high energy class!
- Line Dance** - Learn choreographed dances to a variety of songs. This class will raise your heart rate and provide you 45 minutes of fun!
- Power Flow Yoga** - Increase strength, challenge your balance, reduce stress, and increase well-being by connecting your breath in movements in a true, vinyasa – up beat style of yoga.
- Senior Cardio** - Join this class to move those feet and raise that heart beat! A variety of movements will be used improve your cardiovascular endurance along with improving your stability and balance.
- Senior CORE Strength & Stretch** - Utilize chairs, yoga poses, core work and more to improve your balance, stability, core strength, and mobility in a slower-paced environment.
- Silver & Fit® MSROM** - Have fun and move to the music as you increase muscular strength and range of motion that support activities of daily living. Resistance equipment is available to increase intensity.
- Slow Flow Yoga** - Increase strength, challenge your balance, reduce stress, and increase well-being by connecting your breath in movements in a slower paced environment.
- Zumba®** - An energizing class that uses exotic rhythms set to high-energy Latin music and international beats.
- Zumba® Gold** - This class is just like the original Zumba® class, with lowered intensity and simplified movements. This is a great class for beginners and older adults.