

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5AM	Strength Workout – DVD led		Strength Workout – DVD led		Strength Workout – DVD led
630AM		Spin – Kelly		Total Body Workout - Kelly	
8AM		Yoga – Alicia			
815AM	Body Circuit – Betsy		Body Circuit – Betsy	Yoga- Diane	Body Circuit - Betsy
930AM	Active Agers – Emily		Active Agers – Emily		Active Agers -
515PM		Total Body Workout – Kelly		Spin - Kelly	
630PM		Yoga- Alicia		Yoga - Alicia	

DESCRIPTION OF CLASSES

Active Agers – A low-impact, range of motion, stretch class for anyone in need of maintaining activities of daily living, increasing range of motion through stretches that are performed standing and seated. The class also utilizes light weights for strength training. Individuals with arthritis or fibromyalgia can perform these exercises and are safe and effective in providing an overall exercise program (45 minute class)

YOGA – Instructor led class that incorporates exercises to help with flexibility, strength and stress relief. All populations welcome and great for beginners (45 minutes)

Body Circuit Training – incorporates routines that include strength, cardio and stretch. The class offers a variety of exercises using free weights with the bench step, bikes and floor work (45 minute class)

Total Body Workout – Tabata type exercises – weights, cardio, HIIT exercises...45 minutes of full body fat-burning exercises (60 minute class)

Spin – Join Kelly for a great stationary bike ride that will surely raise the heartrate and increase your cardio endurance. Reserve your bike at the front desk (60 minute class)

DVD led classes – we have a full array of Beachbody on Demand and Les Mills classes available for streaming anytime through the TV in the group exercise class area.