



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 2 GROUP EXERCISE SCHEDULE

OCTOBER 28 - DECEMBER 22ND NO CLASSES: NOV 26-30 | DEC 23-26, 28, 29, 30 | JAN 1-3

## MONDAY

| TIME | CLASS | ROOM |
|------|-------|------|
|------|-------|------|

### AM CLASSES

|             |                      |       |
|-------------|----------------------|-------|
| 5:30-6:15   | H.I.I.T. 45          | PR 1  |
| 5:30-6:30   | Piloxing®            | PR 2  |
| 5:30-6:30   | Cycling              | PR 3  |
| 9:00-10:00  | SilverSneakers® Yoga | MPR 1 |
| 9:15-10:15  | Body Sculpt          | PR 1  |
| 9:15-10:00  | Zumba® Gold          | PR 2  |
| 9:15-10:15  | Cycling              | PR 3  |
| 10:15-11:15 | Zumba®               | PR 2  |
| 10:30-11:30 | Enhance® Fitness     | GYM 2 |
| 10:30-11:30 | Fit After 40         | PR 1  |
| 11:45-12:15 | Strong 30            | PR 2  |

### PM CLASSES

|           |               |      |
|-----------|---------------|------|
| 4:30-5:15 | Step & Sculpt | PR 2 |
| 5:30-6:30 | PIYo®         | PR 2 |
| 5:30-6:30 | Cycling       | PR 3 |
| 5:30-6:30 | TRX®          | PR 4 |
| 6:45-7:45 | Beginner Yoga | PR 1 |
| 6:45-7:45 | Zumba®        | PR 2 |

## TUESDAY

### AM CLASSES

|             |                         |       |
|-------------|-------------------------|-------|
| 5:30-6:30   | Yoga                    | PR 1  |
| 5:30-6:15   | Pound®                  | PR 2  |
| 9:00-10:00  | SilverSneakers® Classic | MPR 1 |
| 9:15-10:00  | Bootcamp                | GYM 1 |
| 9:15-10:15  | Piloxing®               | PR 1  |
| 9:15-10:15  | Step & Sculpt           | PR 2  |
| 10:30-11:15 | Intro to Group Fitness  | PR 2  |
| 10:30-11:30 | TRX                     | PR 4  |
| 11:45-12:15 | Total Body Solutions    | PR 2  |

### PM CLASSES

|           |                  |      |
|-----------|------------------|------|
| 4:45-5:15 | Corebar Express® | PR 1 |
| 4:30-5:15 | Zumba®           | PR 2 |
| 5:30-6:30 | Body Sculpt      | PR 1 |

|           |                  |      |
|-----------|------------------|------|
| 5:30-6:30 | Mixed Level Yoga | PR 2 |
| 6:45-7:30 | Strong 45        | PR 2 |

## WEDNESDAY

### AM CLASSES

|             |                      |       |
|-------------|----------------------|-------|
| 5:30-6:15   | PIYo®                | PR 1  |
| 5:30-6:30   | H.A.B.I.T.           | PR 2  |
| 5:30-6:30   | Cycling              | PR 3  |
| 9:00-10:00  | SilverSneakers® Yoga | MPR 1 |
| 9:15-10:00  | Strong 45            | PR 1  |
| 9:15-10:00  | Zumba® Gold          | PR 2  |
| 9:15-10:15  | Cycling              | PR 3  |
| 10:15-11:15 | Zumba®               | PR 2  |
| 10:30-11:30 | Enhance® Fitness     | GYM 2 |
| 10:30-11:30 | Mat Fusion           | PR 1  |
| 11:45-12:15 | Stretch & Flex       | PR 1  |

### PM CLASSES

|           |               |      |
|-----------|---------------|------|
| 4:30-5:15 | Step & Sculpt | PR 2 |
| 5:00-5:30 | Sprint Cycle  | PR 3 |
| 5:30-6:30 | Piloxing®     | PR 2 |
| 5:30-6:30 | TRX®          | PR 4 |
| 5:45-6:30 | Strong 45     | PR 1 |
| 6:45-7:30 | Pound         | PR 2 |

## THURSDAY

### AM CLASSES

|             |                         |       |
|-------------|-------------------------|-------|
| 5:30-6:30   | STRONG By Zumba™        | PR 2  |
| 9:00-10:00  | SilverSneakers® Classic | MPR 1 |
| 9:15-10:15  | PIYo®                   | PR 1  |
| 9:15-10:15  | Step & Sculpt           | PR 2  |
| 10:30-11:30 | TRX®                    | PR 4  |
| 10:30-11:30 | Fit After 40            | PR 1  |
| 11:45-12:15 | Total Body Solution     | PR 2  |

### PM CLASSES

|           |                        |      |
|-----------|------------------------|------|
| 4:30-5:15 | Zumba®                 | PR 2 |
| 5:15-6:00 | Intro to Group Fitness | PR 1 |

|           |        |      |
|-----------|--------|------|
| 5:30-6:30 | PIYo®  | PR 2 |
| 6:45-7:45 | Zumba® | PR 2 |

## FRIDAY

### AM CLASSES

|             |                  |       |
|-------------|------------------|-------|
| 5:30-6:30   | TRX®             | PR 4  |
| 9:00-10:00  | YogaFit® Seniors | MPR 1 |
| 9:00-10:00  | Zumba® Toning    | PR 2  |
| 9:15-10:15  | Piloxing®        | PR 1  |
| 9:15-10:15  | Cycling          | PR 3  |
| 10:30-11:30 | Mat Fusion       | PR 1  |
| 10:30-11:30 | Enhance® Fitness | GYM   |
| 11:45-12:15 | H.A.B.I.T. 30    | PR 2  |

## SATURDAY

### AM CLASSES

|            |                   |      |
|------------|-------------------|------|
| 8:00-9:00  | Cycling           | PR 3 |
| 9:15-10:15 | Cardio & Strength | PR 1 |
| 9:15-10:15 | Zumba®            | PR 2 |

## NORTH WEBSTER

|           |              |             |
|-----------|--------------|-------------|
| Monday    | 9:00-10:00AM | Zumba®      |
| Monday    | 6:15-7:00PM  | Body Sculpt |
| Tuesday   | 9:00-10:00AM | Body Sculpt |
| Wednesday | 9:00-10:00AM | Zumba®      |
| Wednesday | 6:00-7:00PM  | Body Sculpt |
| Thursday  | 9:00-10:00AM | Body Sculpt |

### ROOM CAPACITY | CLASSES ARE FIRST COME FIRST SERVE

|      |                    |    |
|------|--------------------|----|
| PR 1 | PROGRAM ROOM 1     | 15 |
| PR 2 | PROGRAM ROOM 2     | 27 |
| PR 3 | PROGRAM ROOM 3     | 15 |
| PR 4 | PROGRAM ROOM 4     | 10 |
| MPR  | MULTI PURPOSE ROOM | 23 |
| GYM  | GYM                | 24 |

### WINTER PREVIEW OF CLASSES JAN 4 | 8:30 AM - 11:30 AM

**MOVEMENT MONDAY**  
NOV 25 | 8:30 AM - 11:30 AM  
DEC 30TH | 4:45 PM - 7:45 PM

**FITNESS FRIDAY**  
DEC 27TH | 8:30 AM - 11:30 AM

# CLASS DESCRIPTIONS

## ALL FITNESS LEVELS

**Beginner Yoga** | Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing

**Body Sculpt** | Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

**Cardio & Strength** | A great way to try out classes offered during the week on a rotational schedule. Check our Mobile App or visit the Welcome Desk for a class schedule.

**Corebar® Express** | You'll work your total body with a focus on activating and developing the core using a unique, weighted bar. Develop cardio, strength, conditioning, mobility, balance and agility. 30 minutes of Cardio and Conditioning.

**\*Cycling** | Enjoy our Matrix Coach by Color Bikes® and get an aerobic workout that's easy on your joints. Our indoor cycling classes simulate outdoor riding with sprinting, hill climbing, and other techniques. Monday's 5:30 p.m. class had a 30 minute workout geared towards beginners and then a regular cycling class follows for the final 30 minutes.

**Enhance®Fitness** | Gets you moving! We'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready.

**Fit After 40** | Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints.

**H.A.B.I.T.** | Hips, Abs, Buttocks, Incredible Thighs get all the attention. Cardio not included.

**Mixed Level Yoga** | Perfect for those new to yoga or the yogi that is ready for a little more challenge. Plenty of instruction will be given for a class that is balanced in strengthening and stretching. Participants must be comfortable down on their hands and knees in class and getting up and down from the floor.

**Mat Fusion** | Work toward greater flexibility with stretching techniques and beginning yoga and pilates moves.

**Piloxing®** | You'll get a cardio fusion of standing pilates, boxing and dance in this high-energy interval workout.

**Pound** | Have fun in this 45 minute class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

**SilverSneakers® Yoga** | Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Step & Sculpt** | Get your heart rate up using step aerobics and use a variety of exercises to tone and sculpt upper, lower body and ab muscles.

**Stretch & Flex** | Stretch and Flex is a great way to start your day! This class focuses on preparing your body for the day with slow stretches and exercises to work your muscles. Participants will experience greater flexibility and increased energy.

**Total Body Solution** | In just thirty minutes you can build incredible core and body strength, engage supporting muscle groups, stabilize joints, create explosive power and improve overall physical performance. Meant for busy people who need a short workout.

**Yoga** | Work your way through a body of techniques to connect mind and body with slower movements to provide power and relaxation with deep breathing.

**Zumba®** | Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A

Latin/hip-hop dance fitness class that's great for all age levels!

**Zumba® Toning** | The fun of a Zumba class but with extra emphasis on toning and sculpting with light weights to define those muscles while having a total blast.

## BEGINNER FITNESS LEVEL

**Cardio Dance Off** | Join us for a fun, upbeat, and easy to follow cardio dance class! In this class you will get that heart rate pumping while learning fun dance moves in an easy to follow and laid-back format.

**Intro to Group Fitness** | For those new to exercise, you'll learn strength and cardio exercises while getting a total body workout. Proper form for each move will be demonstrated. A great way to build strength, endurance and balance in a fun and relaxed setting.

**SilverSneakers® Classic** | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for support.

**Yoga Fit Seniors** | Class includes a variety of moves to increase muscular strength and flexibility while offering modifications of all poses. All moves are demonstrated by the instructor so you can follow along and perform them accurately all while improving your sense of balance. A chair and props are provided for added assistance.

**Zumba® Gold** | If you are an active older adult, a true beginner, not used to exercising or limited physically, Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and it's just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and the heart.

## INTERMEDIATE FITNESS LEVEL

**SPRINT CYCLE** | A 30 minute high intensity interval cycling workout that will train you hard and push your cardiovascular fitness to new heights.

**H.I.I.T. 30/45** | Get a 30 minute High Intensity Interval Training workout alternating between sweat dripping cardio and strength. Or get a 45 minute High Intensity interval training workout alternating between sweat dripping cardio and strength. Final ten minutes will be devoted to Core.

## ADVANCED FITNESS LEVEL

**Boot Camp** | Get a full body workout including strength, cardio, and abs. Body weight and various equipment will be used. (Tuesday classes will be 45 minutes)

**PiYo®** | Experience this unique blend of Pilates and Yoga. Get your heart pumping with a variety of cardiovascular and body weight exercises while focusing on and strengthening your core, testing your balance and increasing your range of motion.

**Strong 30/45** | This is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Enjoy this boot camp style class that moves to the beat.

**STRONG by Zumba™** | Enjoy the music of Zumba? This is a higher intensity body weight interval style strength training class, interchanged with lower intensity moves throughout the workout.

**TRX®** | Leverage gravity and your body weight to perform hundreds of different exercises on the TRX Suspension Trainer.