



## Monday

- 9 AM Strength & Conditioning
- 10 AM Strength Basics
- 11 AM Silver Sit n Fit
- 12 PM Silver Sit n Fit
- 5:30 PM Dance2Fit
- 6:30 PM All Levels Yoga
- 7 PM **Dance2Fit Toning\***

## Thursday

- 9 AM Tai Chi (Beginner)
- 9:30 AM Gentle Yoga
- 5:30 PM Evening Aerobics
- Dance2Fit

## Tuesday

- 7 AM Total Body Strength
- 9 AM Tai Chi (Beginner)
- 9:30 AM Gentle Yoga
- 10 AM **Tai Chi (Intermediate)\***
- 11 AM Joysticks
- Core Power
- 12:15 PM Joysticks
- 5 PM Strength Basics
- 5:30 PM Evening Aerobics
- 6:30 PM **Xtreme Hip Hop\***
- 6:45 PM Dance2Fit

## Friday

- 8:45 AM Joysticks
- 9 AM Chair Yoga
- 10 AM Joysticks
- 11AM Pilates Basic
- 12 PM Total Body Strength
- 5:30 PM Dance Club Cardio

## Wednesday

- 7 AM Total Body Strength
- 9 AM **Tai Chi (Advanced)\***
- Strength & Conditioning
- 10 AM Strength Basics
- 11 AM Silver Sit n Fit
- 12 PM Silver Sit n Fit
- 6PM **Cardio Kickboxing\***
- 6:30 PM Dance Club Cardio

## Saturday

- 8:30 AM All Levels Yoga
- 9:45 AM **HIIT\***
- 10:15 AM **Cardio Kickboxing\***

**\* Classes in yellow not included in cost of membership**

where *fitness* gets better

## All Levels Yoga

All levels yoga focuses on increased awareness and mindfulness of the breath and body to help quiet the nervous system. This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to increase flexibility, strength and balance. Everyone is welcome. Modifications and variations will be offered for all levels of practitioners.

## Core Power

From everyday tasks to challenging workouts, your core muscles are always at work. Discover how to build a stronger core and utilize its power in every exercise with our Core Power class.

## Dance2Fit

An exhilarating cardio class to radio hits (pop, club, hip hop) that uses easy-to-follow moves; combining fast and slow rhythms (interval training) to tone and sculpt your body while burning fat.

## Dance2Fit Toning\*

An exhilarating 30 minute cardio dance class to radio hits that uses easy-to-follow moves followed by a 30 minute weight circuit to tone and sculpt your body while burning fat!

## Dance Club Cardio

This High Intensity cardio fitness experience is perfect for those who love to shake and sweat!! With Party lights and the best beats, you will feel like you're in the club. Come torch calories, get out of your comfort zone, push your intensity, shake your booty, and transform!

## Evening Aerobics

A high energy class that is open to all fitness levels! Participate in 35 minutes of aerobics followed by dumbbell work and stretching. Improves cardiovascular fitness, strength and flexibility.

## Gentle Yoga

Gentle Yoga is a slow flow class focusing on the mind-body connection, breathwork and meditation. Moving mindfully, we will emphasize stretching, strengthening and releasing muscle tension while calming the mind.

## HIIT\*

In this high-intensity strength and cardio class, we synchronize our workout with 12 songs, each corresponding to a specific muscle group. As the music plays, you'll engage in exercises targeting that particular muscle group.

## Joy Sticks Cardio Drumming

Break out of the mold & get into the beat with this riveting cardio drumming class! The workout is centered around medium intensity cardio movements that increase mobility, flexibility, stretching and core strength. The class is primarily geared towards Active Adults but also provides a solid workout for all ages! Using supplied drumsticks and stability balls, the routines are choreographed to upbeat Pop, R&B and Country hits. You'll have so much fun drumming to the music, you'll forget you're even working out!

## Kickboxing\*

Enjoy upbeat music while you punch and kick your stress away in this dynamic class that offers cardio kickboxing, breath work and mindfulness.

## Pilates Basic

This total body conditioning class uses a variety of equipment to help participants move with ease and to improve core stability, range of motion, flexibility, and strength!

## Silver Sit N Fit

A chair exercise class for active adults. This class still allows you to work on your balance, coordination and gain strength all from the comfort of a chair. This class offers a variety of modifications for those who need them.

## Strength Basics

Join our beginner strength circuit class! This class has a station set up that is designed to enhance balance, coordination, strength, and flexibility.

## Strength & Conditioning

A 45 minute class using weights that focus on building muscle and endurance. Challenge your body with exercises such as squats, overhead presses and planks all to help you to become the best version of you!

## Tai Chi

This Tai Chi form is easy to learn and understand. With only 16 moves to perform, Yang Style is even, gentle, and slow moving to provide increased balance, improved flexibility and stress reduction. If you are looking for a Tai Chi form that is easy to learn, this is it. *This class is also offered in Intermediate (24 form) and advanced (48 form)*

## Total Body Strength

Come start your morning on a high note with this 50 minute strength class. This class has a station set up and utilizes equipment such as barbells, kettlebells, spin bikes and more! Bring your water and get ready to sweat!

## Xtreme Hip Hop\*

A high cardio step class with a hip hop feel! Come step your way to hip hop beats in this one hour class all while torching calories and having fun! Bring your towel and water and get ready to work.