



JULY 2024 GROUP EXERCISE SCHEDULE

Effective: 07/01/24 - *Please note: Classes are subject to change without advanced notice.

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:00-6:00am	Hydro-X	Angie	Lap Pool
5:15-6:00am	Group Cycling	Erica	Track
8:30-9:30am	Total Parkinson's*	Jill	Group Exercise
9:00-10:00am	Water Aerobics	Dianna	Lap Pool
10:15-11:00am	Silver Sneakers Classic	Jill	Group Exercise
11:15am-12:15pm	Beginning Line Dancing	Sherry W	Group Exercise
4:30-5:25pm	Functional Fitness	Shelly	Group Exercise
5:30-6:00pm	Step Up	Shelly	Group Exercise
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:15-5:45am	Total Body Circuit (limit to 7)	Christina	Wellness Center
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Group Exercise
8:30-9:30am	SoulBody Barre/Unhitched	Candy	Group Exercise
9:00-10:00am	Water Aerobics	Dianna	Lap Pool
10:30am-11:45am	Geri-Fit (pre-registration required)	Jill	Group Exercise
6:00-7:00pm	Intro. to Weight Lifting (limit to 6)	Pete	Weight Room
7:00-8:00pm	Yoga	Kathryn	Group Exercise
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:15-6:00am	Group Cycling	Erica	Track
8:30-9:30am	Total Parkinson's*	Jill	Group Exercise
9:00-10:00am	Water Aerobics	Dianna	Lap Pool
10:15-11:00am	Silver Sneakers Classic	Jill	Group Exercise
4:30-5:30pm	Gentle Yoga	Shelly	Group Exercise
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:15-5:45am	Total Body Circuit (limit to 7)	Christina	Wellness Center
7:00-8:00am	Power Hour	Candy	Group Exercise
8:30-9:30am	Core & More	Steph	Group Exercise
9:30-10:30am	Total Parkinson's Bootcamp*	Jill	Group Exercise
10:30am-11:45am	Geri-Fit (pre-registration required)	Jill	Group Exercise
4:30-5:25pm	Functional Fitness	Shelly	Group Exercise
5:30-6:30pm	Step Up	Shelly	Group Exercise
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:00-6:00am	Hydro-X	Angie	Lap Pool
5:15-6:00am	Group Cycling	Erica	Track
7:30-8:30am	Total Parkinson's Bootcamp*	Jill	Group Exercise
8:30-9:30am	Total Parkinson's*	Jill	Group Exercise
9:00-10:00am	Water Aerobics	Dianna	Lap Pool
10:15-11:00am	Silver Sneakers Classic	Jill	Group Exercise
11:15am-12:15pm	Beginning Line Dancing	Sherry W	Group Exercise
4:30-5:30pm	Gentle Yoga	Shelly	Group Exercise
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:15-8:15am	Kickboxing for All	Candy	Blue Gym
8:30-9:30am	Power Hour	Candy	Group Exercise
10:00am-6:00pm	Wellness Center Orientations (30 min sessions)		Wellness Desk

CLASS DESCRIPTIONS (not all classes are listed on the schedule at this time)

^ INDICATES FEE BASED CLASSES

**PLEASE BRING OWN MATS TO CLASSES. WE DO NOT SUPPLY

AQUA STRENGTH AND STRETCH: A shallow water class for every level that uses equipment to strengthen and tone. Challenge your cardio level while having fun.

BEGINNING LINE DANCING: Learn basic line dance steps and simple routines. This is a fun way to exercise, meet new people, reduce stress and increase energy! Class is a perfect for any age and fitness level.

COMBO WATER AEROBICS: A combination of deep water and shallow water exercises. This is a cardio level workout that will challenge your body in different ways. Flotation Belts are used in the deep water to maximize the benefits of the deep water movements

CORE & MORE: Come see what you are made of! This class features full body strengthening using a variety of equipment and moves to keep you guessing the entire workout. You will focus on developing core strength and engaging muscles you didn't know you had!

FUNCTIONAL FITNESS: strength training and muscle memory building workout that will translate into everyday life. The class will use body weight exercises along with equipment such weights, bosu balls, foam rollers, bands, and fitness balls

GENTLE YOGA: A relaxing full body stretching class that is gentle on the body. Relax/rejuvenate mind, body, and soul.

GERI-FIT: Geri-Fit increases muscular strength, boosts motor skills and reaction times, enhances flexibility, manages chronic diseases, and more. This is a 45-minute evidence-based class and participants will use light weights in a progressive setting. (pre-registration required)

HYDRO-X: TAKE YOUR WORKOUT TO THE WATER. This class is to be enjoyed in water, while incorporating resistance moves and aerobic conditioning. This low impact, high intensity workout, is easy on your joints and perfect for any fitness ability. Don't be fooled; you will work up a sweat during this heart pumping workout!

INTRODUCTION TO WEIGHT LIFTING: Learn how to utilize proper form and technique to strength train specific muscles or groups of muscles. This beginner class is for everyone!

KICKBOXING FOR ALL: Kickboxing is a total body cardio and strength workout; is a great way to relieve stress and build confidence; increases balance, coordination, reactivity, agility and flexibility; and is a fun class for all skill levels.

PURE PUMP: This class works all major muscle groups in a low impact but high intensity workout that will build muscle strength and endurance. Pure Pump is great for all fitness levels and abilities.

SILVER SNEAKERS CLASSIC: Have fun and move to the music through a series of exercises designed to increase strength and activity level for daily living. Hand-held weights, elastic tubing, and a Silver Sneakers ball are used for resistance. A chair may be used for seated and/or standing support.

SPINNING / GROUP CYCLE: Spinning is one of the best cardio, leg, and abdominal exercises a person can do, while being easy on the knees. We show you how to properly set up your bike to ensure the safest and most comfortable ride. While most classes are great for all abilities, this class is for the hard-core biking enthusiast.

STEP UP: This class works all major muscle groups in a low impact but high intensity workout that will build muscle strength and endurance. Step Up uses a step along with weight which is great for all fitness levels and abilities.

TOTAL BODY CIRCUIT: This class engages all muscles groups in a variety of ways. You will use TRX straps, perform body weight exercises, and utilize our Kinesis line of machines. This class is perfect for all fitness levels.

^TOTAL PARKINSON'S: Optimize physical function and help delay the progression of symptoms associated w/ Parkinson's.

^TOTAL PARKINSON'S BOOT CAMP: A rigorous class designed to target symptoms specific to Parkinson's with a focus on mobility, balance, strength, memory and cognition. This class will incorporate floor work to strengthen and condition as well as basic equipment such as dumbbells, medicine balls and kettlebells. Expect to be challenged!

WATER AEROBICS: Activate your aqua urge for variety! This class offers lots of fun with shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming skills are required. Develop strength, balance, and coordination in the water. Two levels are available—one with weight and one without.

WELLNESS CENTER MACHINE ORIENTATION: This orientation will ensure that you are using the machines safely and
YOGA: End Your Day the Right Way. This class helps you unwind from your hectic day by focusing on postural balance, breathing techniques, body awareness, and core strength. Come give your mind and body the rest it deserves.

YOUTH SPORTS PERFORMANCE: Wanting to increase your athletic performance? Our Monday and Wednesday classes focus on high-volume and high-intensity full-body strength training and athletic balance. A variety of exercises for speed and agility. (Best for grades 5th-college age).