

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00			Express Cycle w/ Jennifer Studio A			<p><u>Saturday Schedule:</u></p> <p>July 2: 9:00AM CYCLE w/ Joakim</p> <p>10:00 AM-11:00 AM YOGA w/ Susan</p> <p>July 9: 9:00AM TOTAL STRENGTH</p> <p>10:00 AM MIXED IMPACT CARDIO & CORE w/ CARLY</p> <p>July 16th: 9:00AM YOGA BALANCING BASICS w/Christopher</p> <p>July 23: 9:00AM BARRE</p> <p>10:00 AM YOGA (Flow & Strength) w/Sandy</p> <p>July 30: 9:00AM TOTAL STRENGTH w/Nicole</p>
9:00	Total Strength w/ Ben Studio A		Total Strength w/ Susan Studio A	Gentle Silver Fit w/Abby/ Susan Studio A	Total Strength w/ Nicole/Susan Studio A	
9:00	Chair Yoga w/ Christopher / Studio B	Mixed Level Pilates w/ Nancy Studio B	Chair Yoga w/ Christopher Studio B Water Yoga w/ Tyler Lap swim pool	Barre w/ Sandy Studio B		
10:00	Gentle Yoga w/ Christopher / Studio B Water Fit w/ Laura Lap swim pool	Silver Fit w/ Nancy Studio A Mixed Impact & Core w/ Carly Studio B	Gentle Yoga w/ Susan Studio A	Silver Fit w/ Abby/Susan Studio A	Yoga w/ Karen Studio A Balance & Flexibility w/Fitness Team 10-10:30 Studio B Water Fit w/ Laura Lap swim pool	
11:00		Water Fit w/ Tyler Lap swim pool				
12:00				Less Pain w/ Jane Lap swim pool		
4:30	Barre w/ Sandy Studio B	Gentle Yoga w/ Nicole/Susan Studio A	Cycle w/ Joakim Studio A Yoga Flow w/ Christopher Studio B	Yoga Flow w/ Christopher Studio A		
5:30	Water Fit w/ Dianne Lap swim pool Cycle w/ Sandy OUTSIDE (Studio A rain plan)	Circuit Training w/Mary Studio A		Total Strength w/Mary Studio A Cycle w/ Sandy Studio B		
6:00			Water Fit w/ Dianne Lap swim pool			

Class Descriptions

Balance and Flexibility: You know that balance and flexibility are important parts of a well-rounded fitness program! This 30-minute class focuses on developing and enhancing balance and improving muscle length and mobility. **Good for all levels.**

Barre: A workout technique inspired by elements of ballet, yoga, and pilates. Barre classes focus on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes and abdominals. **Good for all levels!**

Chair Yoga: Do you like the idea of yoga, but you are unsure about getting to and from the floor? No worries! We've got you covered with this yoga class that is centered all around the use of a chair. **Good for beginner exercisers.**

Circuit Training: Looking for a workout that incorporates a little bit of everything? Join us for circuit training where you'll use weights, bands, your bodyweight and more to get a well-rounded, full body strength and cardio experience! Low and high impact options available in each class. **Best for intermediate to advanced exercisers** but *options are available in every class.*

Cycle: Get your heart, lungs, and legs pumping in this indoor stationary cycle class! Work your way through flat roads, hills, sprints, and intervals accompanied by upbeat music and instructor encouragement! **Best for intermediate to advanced exercisers** but *options are available in every class.*

Gentle Silver Fit: A great place to start for older adults! This low-impact class will help build your strength, cardio, and balance, all while utilizing chairs for balance and support. Strength equipment and resistance bands will be utilized for strength training

Gentle Yoga: Foundational seated, lying and gentle upright yoga postures. Breathing techniques and meditation are also integrated. Enjoy the simplicity and feeling of releasing and restoring your body ease and care. **All levels welcome!**

Mixed Impact Cardio and CORE: Easy to follow cardio sequences with low to high impact moves. Core exercises to target deep abdominals, back and glutes for functional strength. **All levels encouraged, low-impact options will be coached**

Mixed Level Pilates: Strengthen and develop the superficial and deep muscles in your body through this workout. This class of repetitive exercises combines strength, flexibility, and stability. **Intermediate level, with beginner level options per the instructor.**

Silver Fit: This class specifically designed for older adults will keep your body and your mind active and engaged! Includes low-impact cardio warm-up, strength, balance, core and flexibility training.

Total Body Strength: In this 45-minute strength training class you will learn safe and effective techniques from our experienced instructors while challenging your muscles. Using your bodyweight along with additional fitness equipment, train to be stronger! **Good for all Levels!**

Yoga: Foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Enjoy the simplicity, repetition and ease of movement. **Intermediate to Advanced levels, with beginner level options per the instructor.**

Yoga Flow: Enjoy an energizing blend of foundational postures, creatively sequenced to move and invigorate your body, deepen your breath and clear your mind. Good for all levels. **Good for all levels!**