



Group Exercise

Effective Tuesday August 1, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15am	Group Cycle With Lisa		Group Cycle With Lisa		Group Cycle With Lisa
5:30-6:30am		Bootcamp With Tempe		Bootcamp With Tempe	
7:30-8:30am		B-Fit With Marilyn		B-Fit With Marilyn	
8:00-9:00am	Water Exercise * With Ed		Water Exercise * With Ed		Water Exercise * With Ed
8:00-8:45am	Intro to Stretch-N-Strengthen	Yoga Basics With Donna Senior Center	Intro to Stretch-N-Strengthen	Yoga Basics With Donna Senior Center	Intro to Stretch-N-Strengthen
8:45-9:45 am	Stretch-N-Strengthen With Nancy		Stretch-N-Strengthen With Nancy		Stretch-N-Strengthen With Nancy
9:00-10:00am		Yoga Tone & Flow With Donna		Yoga Tone & Flow With Donna	
10:30-11:30am	Arthricise * With Robin		Arthricise * With Robin		Arthricise * With Robin
12:00-1:00pm	Noon Ball Pick Up Basketball	Noon Ball Pick Up Basketball	Noon Ball Pick Up Basketball	Noon Ball Pick Up Basketball	Noon Ball Pick Up Basketball
1:30-2:15pm	Get Active Get Strong With Donna		Get Active Get Strong With Donna		Get Active Get Strong With Marilyn
1:30-3:30pm	Pickleball Pick up Pickleball	Pickleball Pick up Pickleball	Pickleball Pick up Pickleball	Pickleball Pick up Pickleball	Pickleball Pick up Pickleball
4:30-5:30pm	Group Cycle With Patti		Group Cycle With Patti		
5:15-6:15 pm	Intro to Bootcamp With Tempe		Intro to Bootcamp With Tempe		

* Swimming Pool/pool deck

P - Y in the Park

Group Cycle	An instructor guided class that provides a great non-impact aerobic workout. It is motivational and encouraging for people of all fitness levels helping build your cardiovascular strength and endurance. Instructors guide participants through combinations of riding techniques.
Group Cycle Hills and Drills	Hills and Drills is a group cycle with emphasis on hills and interval sets that will get your heartrate up and keep it up.
Race Ready	This will be an instructorless group cycle, where the rider rides to video scenarios. Be expecting hard work and lot's of fun as you ride iconic routes.
Swim & Spin	Training for a triathlon? Swim and Spin will get you ready for the swim to bike transition. Not planning on a triathlon? Swim and Spin will mix up the workout keeping it fun and exciting. Swim begins at 11:30 am and goes until noon with cycle portion from noon until 12:30.
Yoga Core Blend	Core Blend is a combination of Yoga, Pilates and Barre movements to create an intense core and cardio workout. This upbeat fast paced class is sure to give results and strengthen the entire core.
Gentle Yoga Flow	Class designed to balance breathing, strength, flexibility & relaxation techniques which will increase muscle tone and oxygenation to muscles.
Yoga basics	This half hour class condenses the major aspects of yoga: breath work, meditation, yoga poses and is perfect for the beginner.
Yoga Tone & Flow	An invigorating class geared for those with some yoga experience. Sun salutations, core work, endurance poses along with stretching, and breath work. The class ends with a soothing Savasana.
Tai Chi Moving for better balance	Feel great mentally and physically with great movements based on the art of Tai Chi. This program features 8 movements that will help you to gain strength, promote better balance, greater flexibility and feel more confident
Into Stretch-N-Strengthen	This is a 30 minute introduction class designed to lengthen and strengthen muscles using Yoga and Pilates concepts, giving the body its maximum range of movement.
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Yoga/lates	Strengthen your core, improve posture, relieve stress & increase flexibility. In this class participants will learn series of movements that flow from one to the other, causing muscle groups to lengthen while developing.
B-Fit	This is a safe and interactive program designed as a Phase III cardio strength building class. If you are looking for a low impact workout this class is for you! Also great for older adults and those with limited physical abilities.
Get Active Get Strong	For anyone looking to begin or continue a basic weight lifting routine. Classroom instruction utilizes bars, versa tubes and dumbbells.
Tabata	Tabata is high intensity interval training. It consists of 20 seconds of high intensity exercise followed by 10 short seconds of rest. It is a mix of strength training and cardio designed for optimal fat burn. Tabata is a complete full body workout in only 30 minutes.
Zumba	Zumba is Latin inspired dance that will give you a great cardio workout, tone your core and is a lot of fun.
Body Blast	This class is designed to burn calories and lose inches using a mix of strength and cardiovascular exercises.
Meditation for Weight loss	Learn to use the power of meditation and visualization to obtain your perfect weight. Whether you need to lose weight, gain weight or merely maintain your healthiest weight, meditation is a key component to a healthy weight, a healthy body and a healthy lifestyle. Please bring a notebook or journal with you to class.
Introduction to Bootcamp	Introduction to Bootcamp is perfect for the person that know they want to get in shape and on an exercise program but don't know where to begin. This class will bring it back to the basics with instruction, motivation and a good workout.
Arthricise *	An aquatic exercise class with wellness concept to help those with arthritis to help manage symptoms, maintain independence and enjoy life.
Water Exercise *	A moderate intensity aerobic exercise class in the water utilizing the water and other equipment to get a whole body workout in a fun and safe environment without the physical impact of gravity.
Gentle Water Exercise *	This is a low impact/low intensity aquatic exercise class that will increase quality of life through balance, range of motion and overall mobility.