



# MAY 2024 GROUP EXERCISE

# MAY

**NEW CLASS SPOTLIGHT:**  
**NOON KettleBell Class w/ Danny!**  
**Thursdays at 12pm in the LOFT**



	MON	TUES	WED	THURS	FRI	SAT
5:15-6:00 AM		KettleBell w/ Danny		Cycle & Strength w/ Danny		
6:00-7:00 AM			Balance & Flex Together* w/Jenn		Balance & Flex Together* w/Jenn	
7:15-8:15 AM						Boot Camp w/Kandi
8:15-9:15 AM	Strength & Balance" w/Tony  Strength Train Together w/Karen	Balance & Flex Together w/Nicole	Strength Train Together w/Nicole	REFIT® Dance w/Amanda Balance & Flex Together" w/Bobbie	Strength & Balance" w/Tony  Boot Camp w/Bri	Cycle w/Danny (8:25 –9:05 AM)
9:15-10:15 AM						Yoga Mechanics w/Bjo
9:30-10:30 AM	Gentle Yoga with Natural Movement" w/Sacha	Boxing 101 w/ Heather	Gentle Yoga with Natural Movement" w/Rebekah/Jacki	Boxing 101 w/ Heather	Pilates* w/Charles	
9:30-10:15 AM	Core & More w/Heather		Core & More w/Heather		DRUMS ALIVE  w/ Denise	
10:30-11:30 AM	Gold (Dance) w/Danielle		Zumba Gold w/Alysha		Zumba Gold w/Denise	Dance w/ Jenna
11:00AM- 12:00PM		Parkinson's Drop In w/ Bjo 11-11:45am		Heart & Soul Dance* w/ Angela		
12:00-1:00 PM	Dance Fitness w/Chloe	Cycle w/Danny	Rev & Flow (Dance + Tone) w/Amanda	KETTLEBELL w/Danny	Zumba w/Brandis	
1:00-2:00 PM				Stroke ReGrowth w/Bjo		
1:15-2:45 PM	Power Posture w/Bjo		Power Posture w/Bjo			
4:30-5:15 PM	Summer HIITS  w/ Danny		Summer HIITS  w/ Danny	Summer HIITS  w/ Danny		
5:30-6:30 PM	Strength Train Together w/Debbie	Yoga* w/ Sharleen Hip Hop Vibez w/ Angela	Boot Camp w/Holly	Strength Train Together w/Kandi  Yoga* w/ Jacki		

	MON	TUES	WED	THURS	FRI	SAT
8:00-9:00 AM						Master Swim
8:30-9:30 AM	Aqua Rock		Aqua Rock			
10:00-11:00 AM		Range of Motion		Range of Motion		

**All classes held in the Loft un-  
less otherwise noted.**

^ = North Gym \* = Group Exercise Studio

" = Clubhouse  = Fee Based

# GROUP EXERCISE DESCRIPTIONS

## **Aqua Rock:**

A high intensity aerobic section followed by stretching and strengthening exercises for a total body workout.

## **Balance & Flex Together:**

Grow longer and stronger with an invigorating mind-body workout: Yoga, Pilates fundamentals, athletic training for balance, mobility, flexibility, and the core.

## **Boot Camp:**

Circuit training class, alternating between cardio and strengthening activities.

## **Core & More:**

Core & More will focus on core strength, balance, and movement involving both mat and standing work with occasional props.

## **Cycle & Strength:**

A huge calorie burner! It's a 45-minute cycling experience brought indoors that includes hills, chases, climbs, and intervals.

## **Dance Fitness/REFIT Dance/Zumba/Zumba Gold/Gold:**

A dance experience that rocks your spirit, mind, and body with powerful moves and positive music to get your glow on from the inside out!

## **Drums ALIVE!:**

Come join the fun with the combination of music, drumming, movement, & cognitive application that has been shown to improve physical, social-emotional, & brain health.

## **Gentle Yoga with Natural Movement/Yoga:**

Low intensity, nurturing and restorative class combining stationary and movement-based Yoga poses. Come practice foundational skills with gentle Yoga poses to improve agility, mobility, and strength in a way that makes our natural movements more efficient and relaxing at the same time.

## **Heart & Soul/Hip Hop Vibez:**

Celebrate the evolution of Hip Hop and explore the many types of movement in this 4 week special session of dance!

## **KettleBell:**

A High Intensity-ballistic workout that combines functional, compound exercises to challenge your body & raise your heart rate!

## **Boxing 101:**

Punch & kick your way through cardio & strength conditioning while improving mental clarity and building confidence!

## **Pilates:**

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent back pain, and tone muscles!

## **Power Posture:**

A practice of mechanics for strength, flexibility, and endurance.

## **Range of Motion (Aqua Class):**

This class is perfect to work into your body's own Range of Motion. The movements allow you to explore and improve your mobility and flexibility without getting your hair wet.

## **Rev & Flow:**

Low impact, high intensity moves set to music that strengthen and sculpt your muscles through targeted resistance training.

## **Strength & Balance:**

Improve strength, balance, flexibility, & coordination with circuit training and floor work.

## **Strength Train Together:**

A results driven strength training workout utilizing an adjustable barbell, plates, and body weight.

## **Stroke ReGrowth:**

Class specially designed for those that have had strokes to improve balance and coordination as well as reconnect the body and mind.

## **Summer HIITS:**

Whether you're looking to lose weight, increase athleticism, or maintain good health, Summer HIITS offers better results in less time! Each class is led by a certified personal trainer.