



SUMMER GROUP FITNESS SCHEDULE

(Effective June- August 2017)

Hector Ocasio, Fitness Director

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 -7:00AM PILATES W/ DENISE	6:00- 6:45 INDOOR CYCLING w/ CHRIS			
	7:00-7:45 INDOOR CYCLING **Requires reservations – call 358-0245	7:00-7:45 INDOOR CYCLING	7:00-7:45 INDOOR CYCLING		8-9:00 PILATES W/ DENISE	8:-8:45 INDOOR CYCLING W/ SHAVELLE
7:45-8:45 HATHA YOGA W/ TERRY	9-10:00 MOVEMENT & MUSCLE W/ VICTORIA	8-9:00 YOGA W/ DEVIN	8:00-9:00 MINDFUL MEDITATION Teen Room W/ Rochelle	8:00-9:00 HATHA YOGA W/ TERRY	9:00-10:00 TAI CHI W/ TED	9:00-10:00 BOOT CAMP W/ SHEVELLE
			9-10:00 CARDIO SCULPT FUSION W/ VICTORIA		10:00-10:45 SILVER SNEAKERS W/ DENISE TEEN ROOM	10:10-11:25 KRIPALU YOGA W/ ROBIN
11:00 -12:00 **ENHANCE FITNESS TEEN ROOM requires PRE-Registration		11:00 -12:00 **ENHANCE FITNESS TEEN ROOM requires PRE-Registration	11-11:45 INDOOR CYCLING w/ LARRY	11:00 -12:00 **ENHANCE FITNESS TEEN ROOM requires PRE-Registration	10:15-11:15AM CARDIO SCULPT FUSION W/ VICTORIA	11:30-12:30 ZUMBA W/ SARA
6:00- 7:00 HIIT *High Intensity Interval Training w/ VANESSA	6:30-7:15 INDOOR CYCLING W/ SHAVELLE	6:30-7:15 INDOOR CYCLING W/ SHAVELLE	6:30- 7:15 BOUJE FITNESS W/ LORI	5:45-6:45 ZUMBA W/ SURELIS	11:30-12:30 HATHA YOGA W/ CHARLESE	12:45-1:45 GENTLE YOGA W/ SAM
7:10-8:10PM HATHA YOGA W/ ROCHELLE K	7:20- 8:20PM ZUMBA W/ SARA	7:15- 8:15PM HATHA YOGA W/ BETSY	7:20- 8:15PM PILATES W/ DENISE	7:00 - 8:30PM ADULT BALLET* W/ BRUCE SEPARATE FEE REQUIRED		
8:30-9:15 INDOOR CYCLING w/ SHAVELLE			8:30-9:15 INDOOR CYCLING w/ Adrienne			

Class Descriptions

ADULT BALLE - Learn the fundamentals of ballet in a fun and supportive atmosphere.

BOOT CAMP – A total body workout using dumbbells, bands, steps, stability balls and more – This class will challenge you and take your body to places it's never been!!

BOUJE FITNESS - Boujé means "to move", in Creole. And this fitness program incorporates various styles of body movements such as cardio, kickboxing, tai-chi, yoga, dance, abs and strength training, set to an assortment of music.

CARDIO CORE- A fun fast paced cardio workout that allows you to focus on your core and go at your own pace to ensure the perfect workout for you.

CARDIO-SCULPT FUSION - Experience the perfect balance between aerobic conditioning and body shaping. Burn calories to a heart-pumping fitness beat and sculpt, strengthen and lengthen, concentrating on all the major muscle groups using free weights and fitness tools. Go at your own pace, have fun, get strong,

ENHANCE FITNESS- Enhance@Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

HIIT – High Intensity Interval Training – A well-rounded physical activity program includes aerobic exercise and strength training exercise, but not necessarily in the same session. This type of training involves repeated bouts of high intensity effort followed by varied recovery times

INDOOR CYCLING- a fun fantastic workout where you ride to the rhythm of powerful music. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

MINDFUL MEDITATION- Join us in learning the practice of mindfulness or "vipassana" meditation in order to quiet the mind and body, and build the awareness that allows you to be simply present in the moment.

MOVEMENT & MUSCLE- This class provides a full body work-out. With fun, easy to follow routines. The weight training portion of the class emphasizes proper techniques with a variation of dumbbells and exercise bands, everything can be adapted for all levels of fitness

PILATES - Focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility while integrating the concepts of mindfulness, fluidity and grace.

SILVERSNEAKERS@ CLASSIC - This class utilizes a combination of chair movements and strength training with very low intensity. Perfect for older adults looking to build their strength and maintain joint mobility.

TAI CHI - Tai Chi movement is a combination of Qi Gong exercises and slow motion meditative exercises. These movements can be performed while standing, or for people with limited mobility or health reasons, can be done seated. Practicing Tai Chi movements can improve a body's immune system, flexibility, balance and strength.

YOGA - Develop strength and flexibility through stretching postures, breathing techniques, and meditation.

- Gentle Yoga –appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice
- Hatha Yoga is the Branch of Yoga that focuses on the physical well-being of a person and believes that the body is the vehicle of the spirit.
- Kripalu Yoga puts great emphasis on Proper Breath, alignment, coordination of breath and movement, and "honoring the wisdom of the body"

ZUMBA - Tone and sculpt your body in this party-like atmosphere, featuring a fusion of Latin and international music, where you'll learn aerobic routines that combine fast and slow movements.