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| **FITNESS SCHEDULE**  **(All classes in Aerobics Room unless stated otherwise)** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Rise and Shine Boot Camp- Jessica*** | 5:15-6:00am |  | 5:15-6:00am |  |  |
| ***Silver Sneakers-Jessica*** | 8:00-9:00am | 8:00-9:00am | 8:00-9:00am | 8:00-9:00am | 8:00-9:00am |
| **Cycle Class- Marybeth** | 9:00-10:00am |  | 9:00-10:00am |  | 9:00-10:00am |
| ***Mix It Up! - Marybeth*** |  | 9:00-10:00am |  | 9:00-10:00am |  |
| ***Adult Dance to be Fit (Additional cost applies)-Stacey*** |  | 11am-12pm  **(Aerobics room)** |  |  |  |
| ***Step- Jitka*** | 12:15-12:45pm |  | 12:15-12:45pm |  |  |
| ***Totally Toned- Amber*** |  | 12:15-12:45pm |  | 12:15-12:45pm |  |
| ***Y Power Ball-Judy*** | 5:00-5:30pm |  | 5:00-5:30pm |  |  |
| ***Power Pump-Michelle*** | 5:30-6:30pm |  | 5:30-6:30pm |  |  |
| ***Zumba-Elizabeth*** |  | 5:30-6:30PM (Upstairs) |  | 5:30-6:30pm | 12:15-12:45 |
| ***Yoga – Upstairs-Sarah*** |  | 5:30-6:30pm |  | 5:30-6:30pm |  |
| ***Adult Dance to be Fit (additional cost applies)-Stacey*** |  | 6:30pm-7:30pm  **(Yoga Room)** |  |  |  |
| ***HITT To Get Fit-Jessica*** | 6:30-7:30pm |  | 6:30-7:30PM |  |  |
| ***Full Body Circuit Training-Kriztena*** |  | 6:30-7:30pm |  | 6:30-7:30pm |  |
| **WATER AEROBICS** | | | | | |
| **Aqua Motion-Mavis** | 9:00-9:45am |  | 9:00-9:45am- |  | 9:00-9:45 am |
| **Aquasize-Jaylynn** |  | 9:00–9:45 am |  | 9:00–9:45 am |  |
| **AquaSalsa-Elizabeth** |  | 9:45-10:30 AM |  | 9:45-10:30 AM |  |
| **Aqua Sculpt-Amber** | 6:30pm-7:15pm |  | 6:30pm-7:15pm |  |  |

TOTALLY TONED: Great lunchtime workout – a variety of exercises used to target different muscle groups in arms, back chest and legs, as well as floor exercises to tone those problem areas. The class will incorporate core training, as well as improve balance. Every muscle group is targeted, leaving you with a totally toned body.

SILVER SNEAKERS: Designed to provide an effective combination of strength training, cardio, flexibility, balance, and coordination to keep you fit both mentally and physically, focusing on problem areas common to seniors.

AQUAMOTION/AQUASIZE: Moderate intensity, laugh, socialize, focus on movement, strength, flexibility, cardio fitness, balance…head to toe workout. Water buoyancy allows daily exercise without injury.

AQUASALSA: Combines your workout with South American rhythm, bringing the party to the pool. Water buoyancy softens the impact & protects joints, easing those high impact exercises, while raising your heart rate and improving your balance, posture, and coordination.

POWER PUMP: A high rep, low impact strength training class using a lightweight barbell & dumbbells. You will work each muscle group with varied rep combinations to burn those calories & achieve a leaner toned body. Great total body workout for all level…beginners to advanced.

FULL BODY CIRCUIT TRAINING: An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout routines.

MIX IT UP!: A full body workout. Class members use a variety of exercise equipment and aerobic activities that are sure to make their heart rates soar and their muscles feel sore too!

NOON STEP: High intensity aerobics choreographed to music that uses a step platform to target all major muscle groups. Beginner to advanced depending on your own level and how high you make your step platform.

YOGA: Comprehensive system for well-being including physical, mental, emotional, and spiritual. Safe and effective way to increase physical activity, endurance, strength, flexibility, and balance, focusing on posture, breathing, and relaxation.

ZUMBA: Pretty much the most awesome workout ever. Dance to great music, with great people and burn a ton of calories without even realizing it. Fusion of Latin and International music themes creating a dynamic, exciting effective exercise class. Easy to follow dance steps make this great for all levels.

Y POWERBALL: This 30-minute class uses a stability ball to strengthen the whole body, especially the core. This is a great way to improve balance and posture.

HIIT TO BE FIT: Kickstart your metabolism and accelerate caloric burn hours after class is over. Designed to help you build muscle, lose fat, and increase cardiorespiratory fitness. Modifications and breaks are built into the program to ensure everyone finds just the right pace.

CYCLE CLASS: This high intensity low impact class is sure to get your heart rate up! The class moves from a fast pace to a hard climb to everything in between. All members control their bikes’ tension, which allows everyone from beginner to advanced to work at their own pace.

RISE & SHINE: Resistance training combined with cardio is sure to kick start your metabolism. Get your workout in early with this great bootcamp!

ADULT DANCE TO BE FIT: Enjoy this great country line dancing class with several styles of dancing. Fun and entertaining workout for all ages!

AQUA SCULPT: This class is a medium to high intensity water aerobic workout. Water workouts are low impact and place less strain on joints. Suitable for all age groups.