

OCTOBER 2024- GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
	5:15-Core Plus- Connie 8:15- Step + Core- Shayla 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	5:15-BUILD-FULL BODY- Angela 8:15- BUILD + RESET- Bri 9:15-Silver Strong- Bri 10:30-PWR4Life- Angela 4:30- Xpress Barre 30- Bri 5:30- Spin 45- Liz	5:15- Barre-Carol 8:15- Power 15's- Bri 9:15- Balance- Bri 10:15- PWR4Life -Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Tone -Connie 8:15- BUILD + HIIT- Angela 9:15-Silversneakers-Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45-Liz	8:30 Spin 30 Liz 9:00 Pumped 30 Liz
7	8	9	10	11	12
5:15- Full Body Strength-Connie 8:15- Barre- Bri 9:15- Chair Yoga- Angela 10:30- PWR4LIFE- Angela 4:30- Line Dance- Carol 5:30-Pumped-Liz ****NO YOGA****	5:15-Core Plus- Connie 8:15- Step + Core- Shayla 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	5:15-BUILD-FULL BODY- Angela 8:15- BUILD + RESET- Bri 9:15-Silver Strong- Bri 10:30-PWR4Life- Leigh 4:30- Xpress Barre 30- Bri 5:30- Spin 45- Liz	5:15- Barre-Connie 8:15- Power 15's- Shayla 9:15- Balance- Bri 10:15- PWR4Life -Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Tone -Connie 8:15- BUILD + HIIT- Angela 9:15-Silversneakers-Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45-Liz	8:30 Spin 30 Liz 9:00 Pumped 30 Liz
14	15	16	17	18	19
5:15- Full Body Strength-Connie 8:15- Barre- Bri 9:15- Chair Yoga- Angela 10:30- PWR4LIFE- Angela 4:30- Line Dance- Tessa 5:30-Pumped-Liz 6:30- Yoga- Melissa	5:15-Core Plus- Connie 8:15- Step + Core- Shayla 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	5:15-BUILD- FULL BODY Angela 8:15- BUILD + RESET- Bri 9:15-Silver Strong- Bri 10:30-PWR4Life- Leigh 4:30- Xpress Barre 30- Bri 5:30- Spin 45- Liz	5:15- Barre-Carol 8:15- Power 15's- Shayla 9:15- Balance- Bri 10:15- PWR4Life -Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Tone -Connie 8:15- BUILD + HIIT- Bri 9:15-Silversneakers- Linda 10:30 PWR4LIFE- Bri 12:00-Pumped 45-Liz	8:30 Spin 30 Liz 9:00 Pumped 30 Liz
21	22	23	24	25	26
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28	29	30	31		
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Class Descriptions

Step + Core- Use an elevated platform to perform choreographed step combinations to increase heart rate and build cardiovascular endurance. Class lasts 50 minutes. (3, 4)

Spin 30 or 45- 30 or 45 minutes on the bike for all fitness levels with fun music to guide you through intervals of sprints and inclines. This sustained effort will be a great boost for increasing cardiovascular fitness. (2,3,4)

Boxercise – You will get a good dose of cardio in this class. Be prepared for boxing inspired moves to get the heart pumping. Class duration 50 minutes. (2,3,4)

Pumped- Strength training utilizing a bar or free weights depending on the instructor and appropriate size weights to challenge your muscular endurance. Medium to heavier range weights. Rhythmic movements TO THE BEAT of the music working specific muscle groups or functional movements. Plates, bar & a step for the platform will be the main equipment. (2,3,4)

BUILD- FULL BODY- This format brings the benefit of progressive strength building to a group setting. Functional Upper + Lower Body moves with free weights. These moves are performed in traditional reps/sets style workout. Moves will stay the same for ONE month to allow for essential lean muscle building.

BUILD + RESET- This format brings the benefit of progressive strength building to a group setting. Functional lower body moves with free weights. These moves are performed in traditional reps/sets style workout. Moves will stay the same for ONE month to allow for essential lean muscle building. Strength portion will last around 35 minutes and then there will be a 15 minute deep lower body stretch to assist in keeping mobility as you gain strength. (2,3,4)

BUILD + HIIT- This format brings the benefit of progressive strength building to a group setting. This class has a focus on upper body strength with free weights. These moves are performed in traditional reps/sets style workout. Moves will stay the same for ONE month to allow for essential lean muscle building. Strength portion will last around 35 minutes and then there will be a 15 minute low impact full body HIIT workout. (2,3,4)

Silver Sneakers Classic- Designed to increase muscular strength, range of movement necessary for daily activities. Hand held weights, resistance tubing and balls may be utilized. A chair will be used for seated and standing support. Class duration 45 minutes. (1,2,3)

Silver Strong- This class is a level up from the Silversneakers class in intensity, endurance & standing balance work. Class duration is 45 minutes. (2,3,4)

Core Plus- This class will feature core work as the main attraction with bonus burn on specific areas each week. (2,3,4)

Stretch + Tone- Stretch every muscle group in the body along with firming up

Chair Yoga- Seated breath work and gentle stretching appropriate for all levels. (1-4)

Yoga- Traditional poses and breaths familiar to all yoga lovers. This class is on the floor. (2,3,4)

Balance- As we age our bodies require more intentional time spent on static, dynamic and unilateral balance. This class is beginner friendly but it is not appropriate for those on cane or walker. (1,2,3,4)

PWR 15's- This class has a 15 minute cardio component that is low impact and scalable to all levels, 15 minute core and ends with 15 minutes of yoga inspired stretching (2,3,4)

Xpress Barre 30- Muscular endurance with bodyweight or light weights in a fast paced low impact workout. High reps, time under tension and functional moves will have you feeling the burn, shake & sweat in a 30 minute format.

Barre- Muscular endurance workout rooted in everyday functional moves. This is a low impact workout with the burn and shake of a high intensity workout. Light weights, stability balls, resistance bands and body weight will be used to shape and tone. There is a heavy emphasis on posture, core and balance. Sometimes emphasis will be on specific areas such as core, mobility etc. Class duration 50 minutes. (2,3,4)

Line Dance- Enjoy an incredible sweat while smiling your way through simple choreographed line dance routines to various popular music. Class duration 50 minutes. (1,2,3)

Yin Yoga- Allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels. Yin yoga also improves flexibility, boosts circulation, and reduces tension which allows for deeper stretch into connective tissue. Appropriate for all levels as long as you are comfortable being on the floor. This class is designed to be more passive than traditional Yoga. This class will last 45 minutes. (2)

PWR 4 Life! Admittance to any level of these classes requires a scheduled evaluation with Parkinson's navigator and a signed medical release from doctor. There will be a \$50.00 assessment fee payable at time of visit. This class is specifically and scientifically designed to aid those living with a neurological diagnosis. Focus is on Parkinson's disease but also appropriate for other limiting conditions as assessed by staff.

Levels of Intensity: (1) Beginner with a chair (2) Beginner (3) Intermediate (4) Advanced