

# ADULT CLASS SCHEDULE

## September 2024



MON	TUE	WED	THURS	FRI	SAT	SUN
<b>CHAIR YOGA</b> 10-11AM Marja (MP ROOM)	<b>HATHA YOGA</b> (2 CLASSES) 9-10AM 10:30-11:30AM Suzanne (CLASSROOM 2)	<b>ZUMBA</b> ® 10-10:50AM Michelle (MP ROOM)	<b>PILATES</b> 8:30-9:20AM Suzanne (MP ROOM)	<b>TOTAL BODY WORKOUT</b> 9-9:50AM STEVE (CLASSROOM 2)	<b>TOTAL BODY WORKOUT</b> 8:30-9:30AM Brandon (MP ROOM)	<b>LABLAST</b> 8:30-9:30AM Melissa (MP ROOM)
<b>DANCE &amp; TONE</b> 11:15-12:15AM James (MP ROOM)	<b>STRETCH, FLEX &amp; TONE</b> (2 CLASSES) 10:30-11:30AM 11:45-12:45AM Rosalind (MP ROOM)	<b>WOMEN'S SUPPORT GROUP</b> 11-11:55AM Amanda (CLASSROOM 2)	<b>DANCE &amp; TONE</b> 9:30-10:20AM Sifa (CLASSROOM 2)	<b>CHAIR YOGA</b> 10-11AM Assunta (MP ROOM)	<b>FITCULTURE STRENGTH</b> 9-10AM (GYMNASIUM)	<b>PILATES</b> 9:45-10:45AM Carissa (MP ROOM)
<b>SCULPT YOGA</b> 5-6PM NIKOLE (CLASSROOM 2)	<b>TAI CHI</b> 1-2PM Rosalind (MP ROOM)	<b>MEDITATION</b> 12-12:45PM Amanda (CLASSROOM 2)	<b>HATHA YOGA &amp; MEDITATION</b> 10:30-12PM Suzanne (MP ROOM)	<b>DANCE &amp; TONE</b> 11:15-12:15PM James (MP ROOM)	<b>TAI CHI</b> 9:45-10:45AM Rosalind (MP ROOM)	<b>HATHA YOGA</b> 11-12PM Michelle F. (MP ROOM)
<b>Cycle Blast</b> 6-7PM Stacy (FITNESS CENTER)	<b>SPIN</b> 5:30-6:15PM DANIELLE (FITNESS CENTER)	<b>HATHA YOGA</b> 6:15-7:15PM Suzanne (CLASSROOM 2)	<b>FITCULTURE KICKBOXING</b> 4:30-5:30PM (FITNESS CENTER)	<b>POUND UNPLUGGED</b> 5:45-6:30PM Stacy (MP ROOM)	<b>VINYASA YOGA</b> 11-12PM Jeannie (MP ROOM)	
<b>FITCULTURE KICKBOXING</b> 7-8PM (FITNESS CENTER)	<b>FITCULTURE STRENGTH</b> 6-7PM (GYMNASIUM)	<b>SPIN</b> 6-6:45PM Nikole (FITNESS CENTER)	<b>FITCULTURE STRENGTH</b> 6-7PM (GYMNASIUM)	<b>ZUMBA</b> 10-11AM Stacy (MP ROOM)	<b>LABLAST</b> 12:15-1:15PM Teshia (MP ROOM)	
<b>POUND</b> 7:15-8PM Stacy (MP ROOM)	<b>DANCE &amp; TONE</b> 6:30-7:30PM Roseann (MP ROOM)	<b>FITCULTURE KICKBOXING</b> 7-8PM (FITNESS CENTER)	<b>VINYASA YOGA</b> 6:15-7:15PM Jeannie (CLASSROOM 2)		<b>SPIN</b> 1:15-2PM Nikole (FITNESS CENTER)	
<b>AQUA ZUMBA</b> 7:15-8PM Carissa (POOL)	<b>BUDDHA HAND KUNG FU</b> 6:30-8PM Peter (CLASSROOM 2)	<b>DANCE &amp; TONE</b> 7:30-8:30PM Roseann (MP ROOM)	<b>BUDDHA HAND KUNG FU</b> 6:30-8PM Jack (FITNESS CENTER)		<b>BALLROOM DANCE</b> 2-3:30PM Eugene (CLASSROOM 2)	
	<b>PILATES</b> 7:45-8:45PM Carissa (MP ROOM)		<b>SCULPT YOGA</b> 7:30-8:30PM NIKOLE (CLASSROOM 2)			

- For class details and registration download our app.
- All Classes are Drop-In. No Commitment or Fee.
- Non-Members may attend for \$20 per class.



**SIGN UP  
IN OUR APP!**

# CLASS DESCRIPTIONS

## AQUA ZUMBA

This high-energy aquatic workout fuses Zumba rhythms and dance steps with a pool party. Aqua Zumba gives participants all the benefits of a challenging, fun, body-toning workout!

## BALLROOM DANCE

Learn the fundamentals of Ballroom and Latin Dance including Cha Cha, Salsa, and Jive plus many more. No partner or prior dance experience required. Ages 15 and over.

## BUDDHA HAND KUNG FU

Students will learn breathing exercises and meditation. They will also learn self defense techniques, Hey Gung, Chi Sao, Wing Chun Forms, and Kicking/Punching Exercises. Ages 16+. All levels.

## CHAIR YOGA

Improve well-being with gentle yoga using a chair for support. Enhance circulation, build bone density, and promote joint health. Open to all levels with modifications for a safe, comfortable practice.

## CYCLE BLAST

An experience on and off the bike that pushes you passed your limits, through resistance and speed, but also by incorporating upper body exercises, dumb bells, and core work. High Intensity.

## DANCE&TONE

Energize your workout with easy choreography set to upbeat music. Raise your heart rate, tone your body, and have fun at a mid-level intensity.

## FITCULTURE

Combine calisthenics with banded and weighted resistance to boost strength and mobility. Learn new exercises, improve form, and train at the right intensity. Ages 18+. High intensity.

## FITCULTURE KICKBOXING

A 60-minute high-intensity workout combining striking techniques with bodyweight and kettlebell exercises to enhance cardio, power, and endurance. Boxing gloves required. Ages 18+.

## HATHA YOGA

This gentle type of yoga includes breathing, basic yoga poses, and meditation. It is a slower pace and great for beginners. Please bring your own mat and props. Low Intensity.

## LABLAST FITNESS

Created by Louis van Amstel, this class blends ballroom dance with interval, weight, and plyometric training. Enjoy Disco, Cha Cha, Jive, Tango, and more, with music from all genres. Suitable for all levels, from beginners to pros. Moderate intensity.

## MEDITATION

Meditation is an effective method to reduce stress, anxiety and depression. This seated class will start with breathwork which allows one to calm and steady the mind.

## PILATES

Enhance flexibility, strength, and control with a focus on alignment, breathing, and core development. Exercises are adaptable for all levels, with increasing intensity as you progress.

## POUND UNPLUGGED

Combine high-intensity exercises with restorative movements, rhythmic breathing, and meditation. Using Ripstix® drumsticks, this class offers a unique, immersive experience that enhances mental, physical, and emotional fitness.

## SCULPT YOGA

Combining yoga and fitness, this class is a total body workout that strengthens and tones all your muscle groups while moving in and out of yoga poses. Mid-level intensity.

## SPIN

Ride indoors with an instructor guiding you through a heart-pumping session, focusing on technique, body alignment, and cardio drills.

## STRETCH, FLEX & TONE

Boost endurance, flexibility, and tone with low-impact exercises targeting key muscle groups. Enjoy fun coordination exercises set to happy oldies music. Suitable for all, low intensity.

## TAI CHI

Discover the 24 movements of the Yang 24 Form in this one-hour, low-impact class. Incorporating Qi Gong, it enhances balance, flexibility, stamina, and overall well-being. Ideal for all levels.

## TOTAL BODY WORKOUT

Burn calories, build core strength, and increase flexibility with low-impact aerobics, weight training, bodyweight exercises, and mat work. Suitable for beginners, with options for all levels. Moderate intensity.

## VINYASA YOGA

\*Flow through poses with a focus on alignment and core strength. Ideal for all levels and athletes seeking flexibility and balance. Bring your own mat and props. Moderate intensity. Ages 13+.

## ZUMBA FITNESS

Dance off calories with a mix of low and high-intensity moves to Latin and World rhythms. This fun, total workout enhances cardio, muscle conditioning, balance, and flexibility. Moderate intensity.

## CLASS RULES AND GUIDELINES:

01. Teens 13 and over may attend most classes unless otherwise indicated on 18 and over.
02. Please make an online reservation in our mobile app. Class Schedule may change: check for updates regularly.
03. Please bring your own towel and water bottle.