

ADULT FITNESS CLASSES

November 2024



MON	TUE	WED	THURS	FRI	SAT	SUN
CHAIR YOGA 10-11AM MARJA (MP ROOM)	HATHA YOGA (2 CLASSES) 9-10AM 10:30-11:30AM SUZANNE (CLASSROOM 2)	ZUMBA® 10-10:50AM MICHELLE T. (MP ROOM)	HATHA YOGA 8:30-9:30AM SUZANNE (CLASSROOM 2)	TOTAL BODY WORKOUT 9-9:50AM STEVE (CLASSROOM 2)	TOTAL BODY WORKOUT 8:30-9:30AM BRANDON (MP ROOM)	LABLAST® 8:30-9:30AM MELISSA (MP ROOM)
DANCE & TONE 11:15AM-12:15PM JAMES (MP ROOM)	STRETCH, FLEX & TONE (2 CLASSES) 10:30-11:30AM 11:45-12:45AM ROSALIND (MP ROOM)	MEDITATION 11-11:45AM ASSUNTA (CLASSROOM 2)	*CHAIR YOGA 10-11AM SUZANNE (GYMNASIUM)	*CHAIR YOGA 10-11AM ASSUNTA (GYMNASIUM)	FITCULTURE STRENGTH 9-10AM (GYMNASIUM)	PILATES 9:45-10:45AM CARISSA (MP ROOM)
SCULPT YOGA 5-6PM NIKOLE (CLASSROOM 2)	TAI CHI 1-2PM ROSALIND (MP ROOM)	HATHA YOGA 6:15-7:15PM SUZANNE (CLASSROOM 2)	*DANCE & TONE 11:15-12PM JAMES (GYMNASIUM)	*DANCE & TONE 11:15-12PM JAMES (GYMNASIUM)	TAI CHI 9:45-10:45AM ROSALIND (MP ROOM)	HATHA YOGA 11-12PM MICHELLE F. (MP ROOM)
CYCLE BLAST 6-7PM STACY (FITNESS CENTER)	SPIN 5:30-6:15PM DANIELLE (FITNESS CENTER)	SPIN 6-6:45PM NIKOLE (FITNESS CENTER)	*CHAIR LABLAST® 1-2PM JAIME (MP ROOM)	*CHAIR LABLAST® 1-2PM JAIME (MP ROOM)	VINYASA YOGA 11-12PM JEANNIE (MP ROOM)	
FITCULTURE KICKBOXING 7-8PM (FITNESS CENTER)	FITCULTURE STRENGTH 6-7PM (GYMNASIUM)	FITCULTURE KICKBOXING 7-8PM (FITNESS CENTER)	*QIGONG 1-2PM STELLA (CLASSROOM 2)	*BALLROOM DANCE 1-2PM Eugene (MP ROOM)	LABLAST® 12:15-1:15PM TESHIA (MP ROOM)	
POUND® 7:15-8PM STACY (MP ROOM)	DANCE & TONE 6:30-7:30PM ROSEANN (MP ROOM)	DANCE & TONE 7:30-8:30PM ROSEANN (MP ROOM)	FITCULTURE STRENGTH 6-7PM (GYMNASIUM)	POUND® UNPLUGGED 5:45-6:30PM STACY (MP Room)	SPIN 1:15-2PM NIKOLE (FITNESS CENTER)	
AQUA ZUMBA® 7:15-8PM CARISSA (POOL)	BUDDHA HAND KUNG FU 6:30-8PM PETER (CLASSROOM 2)		VINYASA YOGA 6:15-7:15pm JEANNIE (CLASSROOM 2)	ZUMBA® 6:45-7:45PM STACY (MP Room)	BALLROOM DANCE 2-3PM EUGENE (CLASSROOM 2)	
	PILATES 7:45-8:45PM CARISSA (MP ROOM)		BUDDHA HAND KUNG FU 7-8:30PM JACK (FITNESS CENTER)			
			SCULPT YOGA 7:30-8:30pm NIKOLE (CLASSROOM 2)			*= FUN FIT CLASS

- All Classes are Drop-In. No Commitment or Fee.
- Non-Members may attend for \$20 per class.

ADULT ENRICHMENT CLASSES

October 2024



ITALIAN LANGUAGE

TUESDAY

5-6PM

ADVANCED
MICHAEL
(CLASSROOM 2)

TUESDAY

6-7PM

BEGINNER
MICHAEL
(CLASSROOM 2)

*AMERICAN SIGN LANGUAGE

THURSDAY

10-11AM

ALINA
(CLASSROOM 2)

FRIDAY

10-11AM

ALINA
(CLASSROOM 2)

*ARTS & CRAFTS

THURSDAY

1-3PM

SONIA
(CLASSROOM 1)

FRIDAY

10-11AM

SONIA
(CLASSROOM 1)

FITNESS CLASS DESCRIPTIONS:

AQUA ZUMBA

High-energy aquatic workout combining Zumba rhythms for a fun, body-toning experience.

BALLROOM DANCE

Fundamentals of Ballroom and Latin Dance, no partner or experience required. Ages 15+.

BUDDHA HAND KUNG FU

Learn breathing exercises and self-defense techniques. All levels welcome, ages 16+.

CHAIR YOGA

Gentle yoga using a chair for support to enhance circulation and promote joint health.

CYCLE BLAST

High-intensity workout incorporating resistance, speed, and upper body exercises.

DANCE&TONE

Energize with easy choreography set to upbeat music for a fun, mid-level workout.

FITCULTURE

Combine calisthenics with resistance training to improve strength and mobility. Ages 18+.

FITCULTURE KICKBOXING

High-intensity workout with striking techniques and kettlebell exercises. Boxing gloves required. Ages 18+.

HATHA YOGA

Gentle yoga with breathing and basic poses, perfect for beginners.

LABLAST FITNESS

Created by Louis van Amstel, this class blends ballroom dance with interval, weight, and plyometric training. Moderate intensity.

MEDITATION

Meditation is an effective method to reduce stress and anxiety.

PILATES

Low-impact class focusing on balance, flexibility, and overall well-being, suitable for all levels.

POUND UNPLUGGED

High-intensity exercises combined with restorative movements using Ripstix® for an immersive experience.

SCULPT YOGA

A total body workout combining yoga poses and strength training. 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 and tone key muscle groups with fun, low-impact exercises.

TAI CHI

Low-impact class focusing on balance, flexibility, and overall well-being, suitable for all levels.

TOTAL BODY WORKOUT

Burn calories, build core strength, and increase flexibility with low-impact aerobics, weight training and bodyweight exercises.

VINYASA YOGA

Flow through poses emphasizing alignment and core strength. Suitable for all levels. Ages 13+.

ZUMBA FITNESS

Dance off calories to Latin and World rhythms, enhancing cardio and muscle conditioning. Moderate intensity.