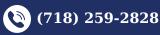
ADULT FITNESS CLASSES MAY 2025 (In effect 5/5)



MON	TUE	WED	THURS	FRI	SAT	SUN
CHAIR YOGA	HATHA YOGA	ZUMBA®	HATHA YOGA	TOTAL BODY	*LABLAST [©]	LABLAST©
10-11AM MARJA (MP ROOM)	9-10:15AM 10:30-11:45AM SUZANNE (CLASSROOM 1)	MICHELLE T. (MP ROOM)	8:30-9:45AM SUZANNE (CLASSROOM 2)	WORKOUT 9-9:50AM STEVE (CLASSROOM 2)	12:15-1:05PM TESHIA (MP ROOM)	8:30-9:30AM MELISSA (MP ROOM)
DANCE & TONE 11:15AM-12:15PM JAMES (MP ROOM)	STRETCH, FLEX & TONE 10:30-11:30AM 11:45AM-12:45PM ROSALIND (MP ROOM)	BELLY DANCE 11AM-12PM TIANA (MP ROOM)	*CHAIR YOGA 10-11AM SUZANNE (GYMNASIUM)	*CHAIR YOGA 10-11AM ASSUNTA (GYMNASIUM)	METABOLIC CONDITIONING 9-10AM BRANDON (GYMNASIUM)	PILATES 9:45-10:45AM CARISSA (MP ROOM)
SCULPT YOGA 5-5:50PM	TAI CHI 1-2PM	MEDITATION 11-11:45AM	*DANCE & TONE 11:10-11:55AM	*DANCE & TONE 11:10-11:55AM	TAI CHI 9:45-10:45AM	HATHA YOGA 11-12PM
NIKOLE (CLASSROOM 2)	ROSALIND (MP ROOM)	ASSUNTA (CLASSROOM 2)	JAMES (GYMNASIUM)	JAMES (GYMNASIUM)	ROSALIND (MP ROOM)	MICHELLE F. (MP ROOM)
SPIN 6-6:50PM STACY (FITNESS CENTER)	SPIN 5:30-6:15PM DANIELLE (FITNESS CENTER)	SPIN 6-6:45PM NIKOLE (FITNESS CENTER)	QIGONG 12:30-1:30PM STELLA (CLASSROOM 2)	*BALLROOM DANCE 1-2PM EUGENE (MPROOM)	VINYASA YOGA 11-12PM JEANNIE (MP ROOM)	
CARDIO COMBAT	METABOLIC CONDITIONING	HATHA YOGA 6:15-7:15PM	*ITALIAN FOLK DANCE	ZUMBA© 6-6:50PM	SPIN 1:15-2PM	
7-8PM ISAAC (FITNESS CENTER)	6-7PM BRANDON (GYMNASIUM)	SUZANNE (CLASSROOM 2)	1:30-2:30PM DANIEL (MP ROOM)	STACY (MP ROOM)	NIKOLE (FITNESS CENTER)	
POUND® 7:15-8PM STACY (MP ROOM)	DANCE & TONE 6:30-7:30PM ROSEANN (MP ROOM)	CARDIO COMBAT 7-8PM ISAAC (FITNESS CENTER)	METABOLIC CONDITIONING 6-7PM BRANDON (GYMNASIUM)	POUND [©] UNPLUGGED 7-7:45PM STACY (MP ROOM)	BALLROOM DANCE 2-3PM EUGENE (CLASSROOM 2)	
AQUA ZUMBA® 7:15-8PM CARISSA (POOL)	BUDDHA HAND KUNG FU 6:30-8PM PETER (CLASSROOM 2)	7:30-8:30PM ROSEANN (MP ROOM)	VINYASA YOGA 6:15-7:15PM JEANNIE (CLASSROOM 2)			
	TOTAL BODY WORKOUT 7:45-8:30PM ROSEANN (MP ROOM)		BUDDHA HAND KUNG FU 7-8:30PM JACK (FITNESS CENTER)			
			SCULPT YOGA 7:30-8:30PM NIKOLE (CLASSROOM 2)			*= FUN FIT CLASS (SUBJECT TO CHANGE)

All Classes are Drop-In. No Commitment or Fee. Non-Members may attend for \$25 per class.





ADULT ENRICHMENT CLASSES

March 2025



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

ALINA (CLASSROOM 2)

*ARTS & CRAFTS

FRIDAY 10AM-12PM/1-2PM 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, midlevel 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 lowimpact 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.