






Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am Total Body	7:00am CIRCL Mobility™	7:00am Total Body	7:00am CIRCL Mobility™	7:00am Total Body	
8:15am Rock Steady Boxing <i>(Specialty Class*)</i>		8:15am Rock Steady Boxing <i>(Specialty Class*)</i>		8:15am Rock Steady Boxing <i>(Specialty Class*)</i>	
9:15am Rock Steady Boxing <i>(Specialty Class*)</i>	9:00am Dumbbells 101	9:15am Rock Steady Boxing <i>(Specialty Class*)</i>	9:00am Dumbbells 101	9:15am Rock Steady Boxing <i>(Specialty Class*)</i>	
	10:00am Tai Chi		10:00am Tai Chi		10:00am Yoga <i>(Starting 10/26)</i>
		10:30am Chair Yoga <i>(Starting 10/30)</i>			
11:30am  Classic		11:30am  Stability <i>(30 mins)</i>		11:30am  Classic	
	5:30pm Zumba®		5:30pm Zumba®		
6:00pm Circuit	6:30pm Pilates	6:00pm Circuit	6:30pm Pilates		

All Classes are 50 minutes, unless otherwise noted. Class schedule subject to change.

* *Specialty Classes are NOT included with Group Exercise membership.* *

Class Descriptions

CHAIR YOGA	Accessible yoga postures, utilizing chairs, and breathwork for strength, balance, flexibility, easing back pain and arthritis symptoms. Yoga improves heart health, energy, mood, and stress management. Poses can be adapted to individual abilities.
CIRCL Mobility™	RELEASE. RESTORE. RENEW. Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises to help you move better, longer. Set to a soundtrack of healing tones + sound frequencies to help your mind focus and release stress.
CIRCUIT	This total body workout incorporates strength and cardio training to challenge you through intervals or stations. Intervals are typically one-minute of work, with 30 seconds of rest.
DUMBBELLS 101	Head-to-toe strength training with dumbbells. All muscle groups are incorporated. Warm up before and stretch throughout. Class also works on balance, coordination, and flexibility.
PILATES	Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.
 CLASSIC	Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
 STABILITY	Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.
TAI CHI	A moving meditation that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
TOTAL BODY	Total Body is a strength conditioning class designed to target all major muscle groups while challenging your body using different equipment and/or bodyweight to perform compound exercises to improve your overall strength and muscular endurance.
YOGA	Accessible yoga postures and breathwork for strength, balance, flexibility, easing back pain and arthritis symptoms. Yoga improves heart health, energy, mood, and stress management. Poses can be adapted to individual abilities.
ZUMBA®	Zumba® is a combination of Latin and international music and dance to create a dynamic and calorie-burning workout for people of all fitness levels.

Specialty Class

ROCK STEADY BOXING

Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease. Class is based on a foundation of non-contact boxing, and is very effective for improving all of the symptoms associated with Parkinson's Disease. Two classes are offered to accommodate participants experiencing different stages of the disease.

This class is NOT included with Group Exercise membership.