

GROUP EXERCISE SCHEDULE

COMMUNITY CAMPUS

SPRING I (MARCH 2 – APRIL 26TH)

Group Exercise Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Group Exercise Schedule begins MARCH 2ND and ends APRIL 26TH, 2020 and is subject to change. Be advised that you should consult a physician prior to starting an exercise program.</p> <p>Class Rules: Minimum age to attend classes is 13 years old, unless otherwise marked. Ages 7-11 must be accompanied by an adult. Participants must arrive no later than 10 minutes after class starts. Classes are first come, first serve. Pick up numbers in the Cardio room desk for sessions indicated. Participants are expected to put away equipment used during classes and must sign in after class is over.</p> <p>Key MPR1: Multi Purpose Room 1 MPR2: Multi Purpose Room 2 ICR: Indoor Cycling Room</p> <p>Classes That Require Numbers: Zumba, Zumba/Bollywood, Bolly-X, Wed and Fri AM Core Strength Thursday AM Circuit Training</p> <p>Registration Required: Enhanced Fitness</p>	5:30-6:30am Group Cycling Nancy-ICR		5:30-6:20am Group Cycling Karen-ICR 6:30-7:00am Core Strength Karen- MPR2	5:30-6:45am Sunrise Yoga Nancy-MPR2	6:00-6:50am Shred and Stretch Gary-MPR2	7:00-7:55am Group Cycling Angela R-ICR	8:40-9:35 am Bolly-X Sairah-MPR2
	8:00-8:55am Scientific Yoga Guruji-MPR2	7:00-7:55am Shred & Stretch Gary-MPR2	8:00-8:55am Scientific Yoga Guruji-MPR2 9:00-9:45am Zumba® Rachel-MPR2	8:00-8:55am Fit for Life Angela-MPR2 9:00-9:45a Pilates Angela- MPR2	8:00-8:55am Zumba® Rachel-MPR2	7:00-7:25am Tabata Eleonor-MPR2 7:30-7:55 Core Conditioning Eleonor-MPR2	9:15-10:25am Power Yoga Sandy-MPR1
	9:00-9:45am Total Body Angela-MPR2 9:50-10:30am Zumba® Rachel-MPR2	8:00-8:55am Zumba® Rachel-MPR2 9:00-9:55am Pilates Angela-MPR2	9:00-9:45am Group Cycling Angela R-ICR 10:00-10:45am Core Strength Gary-MPR2	9:50-10:30am Bhangra SakshiMPR2 10:35-11:15am Circuit Training GaryMPR2	9:00-9:45am Core Conditioning Sterling-MPR2 9:50-10:30am Zumba Rachel-MPR2	8:00-8:55am Circuit Training Eleonor-MPR2 9:00-9:55am Zumba® Samantha-MPR2	9:40-10:25 am Strong By Zumba Bhavana MPR2
	10:35-12:00p Healing Yoga Shuchi-MPR2 10:45-11:45am Enhanced Fitness MPR1-Tom	10:00-10:55am Zumba/Bollywood Sakshi-MPR2 12:00-12:45p Zumba Gold Chair Rachel-MPR2	10:45-11:45am Enhanced Fitness MPR2-Tom 12:30-1:30pm Yoga Jhankhna-MPR2	5:30-6:25PM Yoga & Breath Alpna- MPR2	10:45-11:45am Enhanced Fitness MPR2-Tom 12:00-12:45pm Zumba Gold Chair Rachel- MPR2	9:00-10:15am Yoga Shuchi-MPR1 10:00-10:55am Step & Tone Aleda-MPR2	10:30-11:45 am Power Yoga Sandy-MPR1 10:30-12pm Tai Chi Wing-MPR2
	6:25-6:55pm Bollywood Cardio Blast Sakshi-MPR2	6:30-7:25pm Zumba® Bindiya-MPR2 (7yrs-adult)	5:30-6:25pm Zumba Rachel-MPR2	6:30-7:25pm STRONG by Zumba Bhavana-MPR2	1:00-2:15pm Healing Yoga Shuchi-MPR2	10:30-11:45 am Yoga Shuchi-MPR1	4:30p-5:30p Meditation MPR2-Shuchi 1 st Sunday of Month ONLY
	7:00-7:55 pm Core Strength & Toning Sandy-MPR2 8:00-9:15pm Power Yoga Sandy-MPR2 JCC/ZUMBA 7-8:00pm Gym A	7:30-8:00 pm HIIT Eleonor-MPR2 8:05-8:35pm Core Conditioning Eleonor-MPR2 8:40-9:25pm Bolly-X Aanchal-MPR2	6:30-7:25pm Total Body Angela-MPR2 7:30-8:25pm Zumba/Bollywood Sakshi-MPR2	7:30-8:25pm Pilates Angela-MPR2 8:30-9:25pm Bolly-X Aanchal-MPR2	6:30-7:25 pm Zumba/Bollywood Sakshi-MPR2 7:30-8:45pm Healing Yoga Jhankhna MPR2		Want to stay up-to-date with class cancellations and changes? Visit our Welcome Center to sign up for text alerts.

GROUP EXERCISE CLASS DESCRIPTIONS

MARCH 2ND - APRIL 26TH

COMMUNITY CAMPUS

BHANGRA: This class is an amazing **bhangra** based calorie blazing **fitness** workout utilizing basic but powerful moves

BOLLY-X: The Bollywood Workout is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts.

BOLLYWOOD CARDIO BLAST- All the energy of Bollywood kicked up a notch for maximum cardio.

BOOTCAMP: This combination of resistance and strength training class designed to be performed in a circuit or interval set adds different exercises and equipment that will give your entire body a full work-out.

CIRCUIT TRAINING: An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations

CORE STRENGTH: This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

ENHANCED FITNESS: Geared toward older adults, this class focuses on strength, flexibility, movement and balance. Soft ankle and wrist weights may be worn.

FIT FOR LIFE: Exercise program including cardiovascular, strength and flexibility designed so participants establish their own goals so people of all ages and levels will fit right in.

GROUP CYCLING: Instructor lead non-impact cardio ride on specialized bikes simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. Limited bikes are available.

HEALING YOGA: A comprehensive and balanced hatha flow yoga practice including breathing, meditation, and deeper relaxation through Shavasana for deeper healing of mind and body.

PILATES: Pilates is a body conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. .

POWER YOGA: A more athletic-based yoga class with challenging movements.

SCIENTIFIC YOGA: This class focuses on the Chakras of the body and the health of the organs.

SHRED AND STRETCH: Functional muscle building movements paired with mobility and flexibility to keep your body moving at an optimal level.

STEP & TONE: Focuses on sequential aerobic movement with the use of a Step for cardiovascular benefit.

STRONG BY ZUMBA®: combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TAI CHI: An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation and health.

TOTAL BODY: Classes include cardiovascular, strength, and flexibility exercises to work the entire body.

YOGA: Yoga increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain

ZUMBA®: Classes feature exotic rhythms set to high energy Latin and international beats.

ZUMBA/BOLLYWOOD: This class features an energetic fusion of Latin and Bollywood rhythms.

ZUMBA GOLD CHAIR- This is ideal for those who find difficulty in standing for extended periods of time, those with limited mobility and those who require wheelchair assistance.

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