

**TRI-Y GROUP EX SCHEDULE – FALL 2024**

**Changes effective September 3, 2024**

	MONDAY		TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY		
5:15am			<b>POWER PULSE</b> 5:15-6am Dee Lower Level						<b>POWER PULSE</b> 5:15-6am Dee Lower Level							
6am																
6:15am			<b>CYCLE 45</b> 6:15-7am Cindy Lower Level						<b>CYCLE 45</b> 6:15-7am Cindy Lower Level							
7am																
8am												<b>AQUA HIIT</b> 8-8:45am Maura Pool		<b>CYCLE FUSION</b> 8-9am Varied Lower Level		
9am	<b>FIT AFTER 50</b> 9-9:45am Christine Lower Level					<b>RECESS</b> 9-10am Julio Gym	<b>WATER VOLLEYBALL</b> 9-9:45am Maura Pool	<b>BEGINNER LINE DANCING</b> 9-9:45am Jenny Lower Level	<b>WATER BOOT CAMP</b> 9-9:45am Kate Pool	<b>ZUMBA</b> 9-9:45am Christine Gym		<b>PILATES</b> 9-10am Kate Lower Level	<b>WATER VOLLEY-BALL</b> 9-9:45am Self-led Pool		<b>ACTS OF FITNESS</b> 9-9:45am Kate Lower Level	
9:15am																
9:30am			<b>GROOVE</b> 9:30-10:15am Jennifer Gym						<b>POWER STEP</b> 9:30-10:15am Maura Lower Level				<b>ADVANCED LINE DANCING</b> 9:30-10:15am Maura Gym	<b>GROOVE</b> 9:30-10:15am Jennifer Gym		
9:45am																
10am	<b>YOGA</b> 10-11am Christina Lower Level	<b>ZUMBA IN THE POOL</b> 10-10:45am Christine Pool							<b>FIT AFTER FIFTY</b> 10-10:45am Christine Gym				<b>SILVER SNEAKERS SPLASH</b> 10:15-11am Jenny Pool	<b>YOGA</b> 10-11am Christina		
10:15am																
10:30am			<b>SILVER SNEAKERS</b> 10:30-11:15am Maura Gym						<b>SILVER SNEAKERS</b> 10:30-11:15am Maura Lower Level				<b>SILVER SNEAKERS SPLASH</b> 10:15-11am Jenny Pool	<b>20/25</b> 10:30-11:15am Maura Gym	<b>SILVER SNEAKERS</b> 10:30-11:15am Jennifer Gym	
10:45am																
11am																
11:15am																
4:30pm									<b>BEGINNER LINE DANCING</b> 4:30-5:15pm Jenny Lower Level							
5pm												<b>SUPER CIRCUITS</b> 5-5:45pm Cindy Lower Level				
5:15pm																
5:45pm																
6pm	<b>TOY BOX</b> 6-6:45pm Cindy Lower Level		<b>POWER YOGA</b> 6-7pm Christina Lower Level													
6:45pm																
7pm																

**CLASS DESCRIPTIONS**

Lower Level

- Yoga** This mixed-level class includes breathing, centering, sun salutations, poses, stretches and a final relaxation/meditation. **60 minutes**
- Power Yoga** This all-levels vinyasa-style class will focus on building strength and flexibility while linking breath to movement. Class design is patterned with a warm-up, salutations, strength & balance, core work, twisting & folding poses followed by relaxation. **60 minutes**
- Pilates** Strengthen your core, work on shoulder & hip mobility as well as balance & flexibility through sequences combining traditional and non-traditional Pilates moves. **60 minutes**
- Cycle 45** Get in a quick spin before starting your day! All the regular cycling drills condensed into 45 action-packed minutes! **45 minutes**
- Cycle Fusion** Enjoy the best of both worlds with this mash-up of cycling and off-the-bike work using free weights, bodyweight, mats and more. **60 minutes**
- Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support. Weights and bands are optional.
- Fit After 50** An energetic, fun class for all (even if you're under 50!). Weights, bands & chairs can be used to target balance, core & cardio.
- Power Step** An athletic step class that will get your heart pumping! Includes a weight segment focused on arms, chest and back. Finish with floor core work.
- Beginner Line Dancing** A slower-paced class for those new to line dancing. We'll start on square one with popular line dances.
- Acts of Fitness** Guaranteed to help you build strength and endurance while having fun! Variety of equipment used with circuits, stations, games and more!
- Toy Box** Each week we'll crack open our "toy box" and use a different piece of equipment for a fun and unique full body strength and cardio workout. Equipment will include steps, stability balls, Bosu, dumbbells and more.
- Power Pulse** Get ready to ignite your strength and stamina with Power Pulse, the ultimate fusion of HIIT and Tabata training combined with free weights and dynamic equipment. This high-energy class is designed to strengthen your entire body.

Gym

**Zumba** This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

**Advanced Line Dancing** This class moves through dances learned in the beginner class at a faster pace. More advanced dances are added to the line-up as we practice for “the show!”

**20/25** This total body class features 20 minutes of cardio and 25 minutes of strength/core. Expect to use free weights and participate in mat work on the floor.

**Recess** Workout like a kid again! Play games just like you did in gym class or recess!

**Groove** Get ready for a rhythm revolution that will get your heartrate up and keep you moving without worrying about balance.

**Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support. Weights and bands are optional.

Pool

**Water Boot Camp** Work at your own pace in this challenging circuit class that focuses on strength & stamina through various drills and games.

**Zumba in the Pool** A fun & energizing combination of dance & fitness moves set to Latin and International music with the added resistance of being in the water!

**Water Volleyball** Remember how much fun volleyball was in middle school? This is your chance to relive the fun, laughs and camaraderie, just add water! All the rules are the same. Teams will serve, rotate and keep score. Games to 15. All levels welcome.

**Aqua HIIT** Take your interval training into the pool and take advantage of the no-impact but challenging cardiovascular workout you can only get in the water. *Class may occasionally be self-led.*

**Water Fitness** Get a great total body workout using a variety of equipment and the resistance of the water. Whiteboard workout guidelines will be available. Self-led class.

**Silver Sneakers Splash** Join us in the pool for a fun aquatic Silver Sneakers that focuses on physical endurance, mobilizing joints and improving balance - all while incorporating functional movement patterns.