	MONDAY		TUESDAY		WEDNESDAY			THUF	FRIDAY		SATURDAY	
5:15am 6am 6:15am			POWER PULSE 5:15-6am Dee Lower Level CYCLE 45 6:15-7am Cindy					POWER PULSE 5:15-6am Dee Lower Level CYCLE 45 6:15-7am Cindy				
7am 8am			Lower Leve				I	Lower Level		_	1	CYCLE FUSION 8-9am
9am 9:15am 9:30am	FIT AFTER 50 9-9:45am Christine Gym	GROOVE 9:30- 10:15am Jennifer	RECESS BEGINNER LINE DANCING 9-10am 9-9:45am Julio Jenny Gym Lower Level		ZUMBA 9-9:45am Christine Gym	POWER STEP 9:30- 10:15am		PILATES 9-10am Kate Lower Level	ADVANCED LINE DANCING 9:30-	NE Kate ANCING Lower 30- Level	GROOVE 9:30- 10:15am Jennifer	Varied Lower Level
9:45am 10am 10:15am 10:30am	YOGA 10-11am Christina Lower Level	Studio 2 SILVER SNEAKERS 10:30- 11:15am	SILVER SNEAKERS CHAIR YOGA 10:15-11am Jenny Lower Level		FIT AFTER FIFTY 10-10:45am Christine Gym	SILVER SN 10:30-11: Maura Lower Lev	L5am	SILVER SNEAKERS TAI CHI 10:15-11am Jenny Lower Level	10:15am Maura Gym 20/25 10:30-11:15am Maura Gym	YOGA 10-11am Christina Lower Level	Gym SILVER SNEAKERS 10:30- 11:15am	-
10:45am 11am 11:15am		Maura Gym							- <i>p</i>		Jennifer Gym	
4:30pm 5pm 5:15pm					BEGINNER LINE DANCING 4:30-5:15pm Jenny Lower Level		SUPER CIRCUITS 5-5:45pm Cindy					
5:45pm 6pm	ТОУ ВОХ		POWER YC	GA				Lower Level				
6:45pm 7pm	6-6:45pm Cindy Lower Level		6-7pm Christina Lower Leve	1								

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 A slower-paced class for those new to line dancing. We'll start on square one with popular line dances.

Line Dancing

- 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.
- Silver Sneakers This transformative chair yoga practice invites you to move your body with your breath, enhancing your energy levels and overall strength. Chair Yoga

Silver SneakersThis low-impact class includes Tai Chi movements and poses designed to improve balance, stability and flexibility while also including
breathing exercises and mindfulness techniques.

Gym

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

Studio 2

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