

# Group Exercise Schedule | October 2023

Room A					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM		Body Sculpt		Body Sculpt	
8:30 AM	Inst/Choice	F.I.T.	Cardio Strength	F.I.T.	Zumba
10:00 AM	Low Impact	Osteo-Pilates	Senior Fitness	Osteo-Pilates	Low Impact
11:00 AM	Inter/Ad Pilates		Inter/Ad Pilates		
11:30 AM					
12:00 PM	Yoga		Fall Prevention		Fall Prevention
1:00 PM	Healthy Heart		Healthy Heart		Healthy Heart
2:00 PM		A1 Care		A1 Care	
5:30 PM	Zumba	R.I.P.	Zumba	Barre Above	
6:30 PM	Yoga		Beginner Karate		Beginner Karate
7:30 PM			Advanced Karate		Kobudo

Room A	
Time	Saturday
7:30 AM	Body Sculpt
8:30 AM	Zumba
9:30 AM	Piyo

Time	The first and third Sunday of the month
9:30 AM to 12:00 PM	Karate Instructional Seminar

Room B					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM	Cycling		Cycling		
9:30 AM					Cycle Circuit
11:00 AM	Breathing Easy	Silversneakers	Breathing Easy	Silversneakers	Breathing Easy
4:30 PM			Cycle Circuit		
5:30 PM	Cycle / Core		Piyo		
6:00 PM		Junior Jiu-jitsu		Junior Jiu-jitsu	
6:30 PM			Cycle Circuit		
7:00 PM		Adult Jiu-jitsu		Adult Jiu-jitsu	
5:30 PM	Advanced Karate				

## Gym Information

**Spooky Spin**  
Saturday 10-28-23  
8:30-9:30 AM

**Halloween Zumba Bash**  
Monday 10-30-23  
5:30-6:30 PM



Room B	
Time	Saturday
8:30 AM	Cycling

Please be considerate and refrain from entering scheduled classes while in session.

# Aerobic Group Exercise Class Descriptions

Instructors certified by ACSM, AFAA, ACE or COS

## A1CARE LIVE WELL WITH DIABETES

A referral from your doctor or an exercise physiologist from The Lifestyle Center is required to participate. Participants need to bring their glucose monitor with them to each class. A fitness Profile/Program Design is required prior to starting class.

## BODY SCULPT

This full- body-conditioning workout uses bands, hand weights and Body Bars to enhance muscle definition, strength and muscular endurance.

## BARRE ABOVE

This format fuses the best of pilates, yoga, aerobic and elements of strengthening exercises that dancers utilize.

## BREATHING EASY (PHASE II PULMONARY REHABILITATION)

This class is specifically for any participant who has completed Outpatient Pulmonary Rehabilitation or those with lung disease. A Fitness Profile is required prior to starting class.

## CARDIO STRENGTH

3-5 minutes of cardiovascular and 3-5 minutes of sculpting utilizing the step along with various equipment for strengthening and conditioning your core.

## CYCLING

Cardiovascular and endurance class using a stationary cycle. Appropriate for all fitness levels as intensity is individually controlled.

## CYCLE CIRCUIT

Combination of cardiovascular intervals of cycling with intervals of weight resistance training. Guaranteed to give you a great full- body work out.

## CYCLE/CORE

Cycling class that includes a cardiovascular and endurance segment ending with core training.

## FALL PREVENTION

Balance and coordination class focusing on strengthening the body's different balance systems by performing specialized movements.

## F.I.T. (FITNESS INTERVAL TRAINING)

F.I.T. Combines strength training with cardiovascular intervals. This class will focus on challenging your balance, stability and core strength.

## HEALTHY HEART CLASS (PHASE III CARDIAC REHABILITATION)

This class is specifically designed for post- cardiac rehab patient and other individuals with special cardiac needs. A Fitness Profile is required prior to starting class.

## INSTRUCTOR'S CHOICE

This class incorporates a wide variety of aerobic and strength training activities. The Instructor will choose from the following formats: R.I.P., Tabata, Piyo, or Box-N-Kick

## JIU-JITSU (ADULT)

A self-defense oriented martial arts class, which emphasizes techniques including; balance, leverage, deflecting attacks, maintaining proper positioning and escape holds.

## JIU-JITSU (JUNIOR)

Children ages 5 to 15 years will learn the basic fundamental techniques of Brazilian Jiu-jitsu with emphasis on improving balance, flexibility,

## KARATE (ADVANCED)

Designed for students in ranks green belt and above. Focus included advance sparring and conditioning.

## KARATE (BEGINNING)

A traditional Japanese self-defense class designed for ages 8 and order. Students learn combination of punches, kicks, and basic takedowns.

## KARATE INSTRUCTION SEMINAR

First and third Sunday of the month-this class will cover proper techniques of kihon, kihon ido, and kata application in kumite. Brown and black belts of all karate styles are welcome.

## KOBUDO

Traditional Okinawan weapons class intended for ages 8+. Pre- requisite: one month (+ ongoing participation) in beginner/advance karate class.

## LOW IMPACT

Lower intensity cardio for 30 minutes for the majority of those starting an aerobic program.

## OSTEO-PILATES

Pilates Mat class emphasizing basic Pilate's principles such as breathing technique, neutral pelvis and spine, and fundamental exercises. Accommodates beginners and those with osteoporosis.

## PILATES MAT

Mat class emphasizing Pilates principals and exercise. Class pace and exercise accommodates more advance abilities. Props may be used to enhance the workout.

## INTERMEDIATE/ADVANCED PILATES

Mat class emphasizing Pilate's principles and exercises. Class pace and exercise accommodates intermediate and advanced abilities. Props will be used to enhance the workout. Not recommended for those with a history of back or neck injuries.

## PIYO

Combines the muscle sculpting, core firming benefits Pilates with the strength and flexibility advantages of yoga. A true fat burning low- impact workout that leaves your body lean and defined,

## R.I.P. (REPS-INTEGRATION-POWER)

RIP is a barbell workout that incorporates functional movement and strength training for both men and woman alike. Every Muscle movement (exercise plane) is challenged during this motivating exercise format.

## SENIOR FITNESS

Lower intensity aerobic class for seniors and those with limited physical abilities.

## SILVERSNEAKERS CLASSICS (FORMERLY SIT-N-FIT)

Designed to increase muscle strength, range of movement and improve actives for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

## YOGA

75 minute class of Hatha style yoga incorporating different poses to explore the inner structures of body, mind and spirit.

## ZUMBA

Zumba- A mixture of body sculpting movements and easy to follow dance steps to Latin and international Music. Classes feature combinations of fast and slow rhythms that tone and sculpt the body.



All classes are 55 minutes unless otherwise specified.

Please be considerate and refrain from entering scheduled classes while in session. Thank you for your patience.