

# September 2022 Group Exercise Schedule

## 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		Line Dancing		Line Dancing	
12:00 pm	Yoga		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	Yoga	Beginner Karate
7:30 pm			Advanced Karate		Kobudo

## Room "B"

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

## Room "A"

Time	Saturday
7:30 am	Body Sculpt
8:30 am	Zumba
9:30 am	Piyo

Time	<i>The first and third Sunday of the month</i>
9:30 am-12 pm	Karate Instruction Seminar



## 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.

## **CARDIO KICKBOXING**

Kickboxing- is a total body workout. It involves using multiple muscle groups to elevate the heart rate and train participants in speed, agility, and quickness. Kickboxing is a great way to burn calories, build endurance, and challenge the muscles of the 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 spring 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.

## **LINE DANCING**

Need no partner. Popular line dances are explained, demonstrated and practiced

## **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 wait for staff to clean and put away equipment prior to entering the room for classes. There will be a gap between classes for proper sanitation of equipment. Please be considerate and refrain from entering scheduled classes while in session. Thank you for your patience.