



Fitness Class Descriptions

***Cardio Barre** Not the one we're used to..if you want a dancer's body this class is for you. It's about the physical as well as the aesthetic benefits of lengthening muscles, while strengthening them.

***Body 360** - A fast paced challenging hour of Full Body High Intensity Interval Training, Isometric burn and resistance sculpting to tone all 360 degrees of your body.

Classes change weekly to challenge you. You will burn calories and fat while creating long, lean muscles.

Circuit - Challenge yourself to a late afternoon of cardio and weights.

Jazzercise When you love your workout, the results come easy. That's why Jazzercise blends aerobics, yoga, pilates, and kickboxing movements into fun dance routines set to fresh music. All fitness levels welcome! **Jazzercise is not included in a Community Center fee schedule.**

Pure Strength Challenge your body with this combination of strength exercises.

SPINNING® Spinning is a group cycling exercise that simulates an outdoor bike ride. You control the amount of resistance and speed with an instructor guiding you through a 1 hour session with 40 to 45 minutes of cycling.

***Spin and Strength-** What better way to get a cardio workout and weighted sculpting in one hour? Participants are on the bikes as well as in the studio empowering strength and tone.

***Strengthen & Shred-** Dynamic low-impact workout. Alternate using hand weights and bands with aerobic routines to maximize toning and calorie burn. It's fun, effective, and challenging.

YOGA

All Levels Yoga A challenging yet relaxing class concentrating on alignment of poses 1(asanas) creating strength, flexibility and tone. Based on the principles of Iyengar yoga.

Yoga-Wake up and create with many alignment and toning yoga poses. Challenging and relaxing!

Slow Flow Yoga Offers students the opportunity to slow down, take a breath and move mindfully into poses designed to open the body and calm the mind. Poses are held long enough to build strength with focus on body alignment. No prior yoga necessary.

Sunset Restorative Yoga-After a long day of activity, this class will be an hour of relaxing, strengthening and stretching.

Yoga Stretch Gently stretching with props with a slow progression into each pose. Poses are held for a longer period of time focusing on the breath, muscles involved and body alignment, increasing flexibility and range of motion. No prior yoga necessary.

Slow Flow Yoga - Each position complements those that precede and follow. Practice focuses on the synchronization of breath and continuous flow of movement. Not recommended for beginners.

*FREE CLASSES

Seniors In Motion (FREE) On your feet or sitting in your seat, join us for a free low impact, stimulating exercise class for seniors. We combine cardio, light weights and stretching in a fun whole body workout.

Senior Yoga (FREE) We will use the support of an armchair as we explore Vinyasa Yoga together. Class members will be encouraged to honor individual abilities as we practice yoga. An emphasis on breath, mindfulness, flexibility and balance.

Stretch & Balance Class (FREE) Regain your sense of balance and help prevent balance-related falls and injuries.

Senior Tae Chi Slow continuous movements improve flexibility and balance.

Core Class (FREE)- 30 minutes of sculpting with challenging exercises.

* These classes have been temporarily suspended and will return.

Class Fees *Please Note: Fitness/Spinning Passes expire 1 year from purchase date.

WALK-IN FITNESS/ SPINNING PASS:	FITNESS/SPINNING* 12-PUNCH PASS:	3 MONTH UN-LIMITED FITNESS/SPINNING PASS:
Res/Member: \$5	Res/Member: \$55	Res/Member: \$140
Resident Non-Member: \$7	Resident Non-Member: \$65	Resident Non-Member: \$155
Non-Resident: \$8	Non-Resident: \$75	Non-Resident: \$175

** 3 month unlimited (100 classes) fitness/spinning class



FITNESS

Summer 2020

Revised 7.2.20





Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:55 am	Pure Strength - Rhonda	Spinning® -Rhonda	Spinning- Belinda	Spinning® -Rhonda	Pure Strength - Rhonda		
6:30 am							
7:30 am							
8:00 am	FREE Core Class -Rhonda	All Levels Yoga - Divya			FREE Core Class -Rhonda		
8:30 am		Spinning®-Jane					
9:00 am	Yoga - Denise						
9:15 am							
9:30 am				Yoga - Linda			
10:15 am							Spinning® -Rhonda
10:45 am	FREE Senior Yoga- Josephina *On Hold	FREE Seniors In Motion - Charlie *On Hold		FREE Seniors In Motion - Charlie *On Hold	FREE Senior Tai Chi - Sandra *On Hold		
11:00 am			Tai Chi - Sandra *On Hold				
Noon		Balance - Charlie *On Hold					
4:30 pm					<p>*Senior Classes are on hold until Further Notice</p>		
4:45 pm		Circuit - Lori					
5:45 pm							
6:00 pm	All Levels Yoga -Divya	JAZZERCISE	Sunset Restorative Yoga - Ulyana	JAZZERCISE			
6:15 pm							
7:00 pm	JAZZERCISE		JAZZERCISE				
7:15 pm							

FITNESS