

GROUP FITNESS CLASSES

DECEMBER 2023

Updated on 11/30/2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SS – BOOM+ Suchi - AR * 9:00 - 9:45AM		SS – CIRCUIT Suchi - AR * 9:00 - 9:45AM		SS – CIRCUIT Suchi - AR * 9:00 - 9:45AM	
	Chair Yoga Inna - AR * 10 - 11:15AM	SS - Stability Suchi - AR * 10:00 - 10:30AM		SS - Zumba / Boom Move Suchi - AR * 10:00 - 10:30AM	Yoga & Meditation Inna - AR * 9:15 - 10:45AM
			Chair Yoga Inna - AR * 11 - 12:15PM		Cardio Boxing Allison - AR * 11:00 - 11:45PM
Spin Allison - SR * 6:15 - 7:00PM	Zumba Sandy - AR * 6:00 - 6:45PM	Yoga & Meditation Inna - AR * 6:00 - 6:45PM	Zumba Toning Sandy - AR * 6:00 - 6:45PM		*AR – Aerobics Room* *SR - Spin Room* (Back Private Workout Room)

CLASS DESCRIPTIONS

Chair Yoga

Move your whole body through a complete series of yoga postures. Chair yoga assists in supporting individuals for a safe experience. It provides the ability to perform a variety of seated and standing postures designed to increase flexibility,

balance, range of movement while reducing anxiety and stress.

Silver Sneakers – BOOM+

This fun and exciting workout is designed for Active Older adults to improve cardio fitness with easy-to-follow moves set to energizing music. Combine this with weights and activity-specific drills to improve strength and functional skills. The class ends with chair stretching and meditation to ensure relaxation of the mind and body.

Silver Sneakers – CIRCUIT

Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support.

Silver Sneakers - Stability

Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

Silver Sneakers - Boom Move

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

Spin

Build strength, improve cardiovascular endurance and burn calories with this cycling workout. Our fitness instructor will challenge you with multi-level and intense intervals on our stationary bikes.

Yoga & Meditation

Through guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance. This class combines the perfect blend of relaxation, posture, and breathing. It will also promote flexibility, stamina, and peace to the mind and body. We do ask that you bring your own mat.

Zumba

The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party!

Cardio Boxing

Train with a Jiu Jitsu professional, learn boxing techniques and have a safe workout! This will be a fun, intense cardio workout which includes boxing, kickboxing, jumping and hi/low moves. A great class for beginning, intermediate, and advanced fitness levels.