

# GROUP FITNESS CLASSES

## NOVEMBER 2024

Updated on 11/7/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SS – Circuit 1</b> <b>Debbie - AR *</b> 9:00 - 9:45AM	<b>Step Aerobics</b> <b>Allison - AR</b> 9:00 - 9:45AM <b>NEW!!!</b>	<b>SS – Circuit 2</b> <b>Debbie - AR *</b> 9:00 - 9:45AM	<b>Spin</b> <b>Allison - SR *</b> 9:00 - 9:45AM	<b>SS – Boom Move</b> <b>Allison - AR *</b> 9:00 - 9:45AM	<b>Yoga &amp; Meditation</b> <b>Inna - AR *</b> 9:15 - 10:45AM
<b>MOB - Matter of Balance</b> <b>CJ &amp; Gina - CR</b> 10:00 - 11:30AM	<b>Chair Yoga</b> <b>Inna - AR *</b> 10 - 11:15AM	<b>SS - Stability</b> <b>Debbie - AR *</b> 10:00 - 10:30AM			
		<b>MOB - Matter of Balance</b> <b>CJ &amp; Gina - CR</b> 10:30 - 11:30AM	<b>Chair Yoga</b> <b>Inna - AR *</b> 11:00 - 12:15PM		
	<b>Zumba Toning</b> <b>Sandy - AR *</b> 6:00 - 7:00PM	<b>Yoga &amp; Meditation</b> <b>Inna - AR *</b> 6:00 - 6:45PM	<b>Zumba Toning</b> <b>Sandy - AR *</b> 6:00 - 7:00PM		<b>*AR – Aerobics Room*</b>  <b>*SR - Spin Room*</b>  <b>*CR - Conference Room*</b>



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

- NO CLASSES ON THURSDAY, NOVEMBER 28TH (closed for Thanksgiving)
- SILVER SNEAKERS CLASS ON FRIDAY, NOVEMBER 29TH IS CANCELLED.
- NO MOB CLASS ON NOVEMBER 25TH & 27TH.
- WE HAVE REMOVED SPIN CLASS ON MONDAY NIGHTS.

# 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 – 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!

## Step Aerobics (NEW!!!)

A cardio workout that involves stepping up, around, and down from a raised platform. The platform is usually 4 to 12 inches high. The moves range from simple to advanced. This is to help improve cardio fitness and coordination, and are easier on the joints than other cardio exercises like running. The class begins with a dynamic warmup, followed by active, choreographed cardiovascular exercises targeting different muscle groups.