



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Spring Group Fitness

Updated on 5/11/2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>SS – CIRCUIT</b> <b>Amanda - AR *</b> <b>9 - 9:45AM</b>		<b>SS – CIRCUIT</b> <b>Amanda - AR *</b> <b>9 - 9:45AM</b>	
	<b>Chair Yoga</b> <b>Inna - AR</b> <b>10 - 10:45AM</b>				
					<b>Cardio Boxing</b> <b>Sebastian - WC *</b> <b>11 - 11:45AM</b>
<b>Total Body</b> <b>Allison or Sebastian - AR *</b> <b>6:15 - 7PM</b>	<b>Zumba</b> <b>Sandy - AR *</b> <b>6:15 - 7PM</b>	<b>Yoga &amp; Meditation</b> <b>Inna - AR</b> <b>6:00 - 6:45PM</b>	<b>Zumba Toning</b> <b>Sandy - AR *</b> <b>6:15 - 7PM</b>		<b>WC – Wellness Center</b> <b>AR – Aerobics Room</b> <b>* - Outdoors if weather permits</b>

# CLASS DESCRIPTIONS

## Cardio Boxing

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

## 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.

## Total Body

This class maximizes your workout results with 45 minutes of impactful strength training. This workout features a variety of moves, including squats, lunges, curls and presses and covers upper body, lower body and core. Add motivational music, and it is simply the most fun you'll have strength training.

## 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!