



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 1st, 2 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 AM Group Cycle 45 min. - Cackie	5:40-6:25 AM Circuit Bootcamp – 45 min. - Mallory	5:45-6:30 AM Group Cycle 45 min. - Cackie	5:40-6:25 AM Circuit Bootcamp - 45 min. - Mallory	5:45-6:30 AM Group Cycle 45 min. - Cackie	
6:40 -7:25 AM Cycle & Strength Cackie	6:30 -7:25 AM Strength Train Together - Mallory	6:40 -7:25 AM Cycle & Strength Cackie	6:30 -7:25 AM Strength Train Together - Mallory	6:40 -7:25 AM Cycle & Strength Cackie	
8:30-9:25 AM Circuit Bootcamp Krista		8:30-9:25 AM OULA Meghan	8:30-9:25 AM Circuit Bootcamp Allie	8:30-9:15 AM INSANITY Nick	8:00 -8:55 AM Zumba Pound Oula- Rotating
9:30-10:15 AM INSANITY Jenny	9:30 -10:25 AM PiYo Abby	9:30-10:25 AM Rotating Pound /Kettlebell Melissa	9:30 -10:25 AM Strength Yoga Megan	9:30-10:25 AM Circuit Bootcamp Krista	9:00-9:55 AM Strength Train Together - Rotating
10:30-11:25 AM Strength & Conditioning 101 Vicki		10:30-11:25 AM Strength & Conditioning 101 Vicki	10:30-11:25 AM Gentle Yoga Megan	10:30-11:25 AM Gentle Yoga Vicki	9: 30-10:25 AM Yoga on the Lawn 1 st & 3 rd Sat. of the Month
11:30 -12:25 Circuit Bootcamp Krista	11:45-12:15 30 Minute INSANITY Jenny	11:30-12:25 Circuit Bootcamp Abby	11:45-12:15 30 Minute INSANITY Krista	11:30-12:25 Cycle & Strength Katie	
	12:30-1:25 PM Strength Train Together - Krista		12:30-1:25 PM Strength Train Together - Jenny		
4:30-5:25 PM Group Cycle Katie	4:30-5:15 PM Family YOGA Margaret		4:30- 5:15 PM Family Dance Holly		
5:30-6:25 PM Strength Train Together - Rotating	5:30-6:15 PM INSANITY Allie	5:30-6:25 PM Cycle & Strength Katie			
		6:30-7:15 PM INSANITY Brooke			
	7:30-8:25 PM YOGA Flow Steven		7:30-8:25 PM YOGA Flow Steven		

Program Room 2 Schedule on back



PROGRAM ROOM 2 SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-7:45 AM INSANITY Taylor	7:00-7:45 AM Yoga Flow Margaret			
				8:30-9:25 AM Barre Conditioning Vicki	
9:30-10:15 AM Starts Aug. 13th Fit Pregnancy Melinda		9:30-10:15 AM Starts Aug. 15th Mama Fit Melinda			
12:30-1:25 PM Barre Conditioning Vicki		12:30-1:25 PM Barre Conditioning Vicki			

Class Descriptions

ABC - This class is focused on working the arms, booty and core. Using mainly dumbbells and mini bands, we will strengthen these muscles, while challenging our core and reinforcing balance and flexibility.

Barre Conditioning – Concentrating on both stabilizing muscles and larger muscle groups. You work with a variety of equipment combined into a series of exercises. No dance experience needed and shoes are optional.

Cardio Drum /Pound– Get moving to the simple rhythm’s you create with weighted drum sticks while getting a good workout. The workout uses a variety of beats incorporated into each exercise.

Circuit Bootcamp – This workout is made for building strength and muscular endurance. You will use an array of equipment from bands to weights incorporated with body weight exercises and functional movements.

Family YOGA – We welcome everyone! No age limits here, bring everyone and get ready to move! This is a very basic Yoga flow class to get everyone moving, stretching and balancing together. Please bring YOGA mats if you have one, as there will be a limited number available. If you don’t have a mat-no worries, we’ll make it work.

Fit Pregnancy – Designed for all trimesters, this class will focus on safe movements and effective full body workouts by incorporating proper pelvic floor engagement. Each movement is preparing women for birth and effective recovery.

Gentle Yoga – This is where you start! This class is for beginners or people just wanting a refresher on the fundamentals of Yoga. This basics class will be a key component to your practice.

Group Cycle – For those who love to ride, this class offers you the cardio workout you are looking for. From beginner to advanced cyclist, anyone can enjoy this non-impact workout. We focus on proper cycle technique, body alignment and cardio drills. Warning...music is fun and loud to keep your energy high.

Insanity – A predesigned interval class that requires no equipment and is easy to learn and fun to participate in. This is a challenging class with heart-thumping, well-timed music designed to give you a safe, challenging, and results-driven experience.

Kettlebell AMPD – This class is designed by taking great music and combining it with basic kettlebell moves to create a fun, total body workout.

Mama Fit – This class is designed specifically for mamas 6 week postpartum and beyond (and remember once postpartum, always postpartum). This class provides women with a challenging yet safe full body workout focusing on deep core and pelvic floor engagement. Non-mobile little one’s welcome.

Mommy and Me Movement-These classes are designed for you and your child ages 8 weeks-3 years. This is a great way to have fun and be active with your child. There are a limited number of yoga mats provided, so if you have one bring it, that way every participant can have his/her own.

PiYo – PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This low-impact workout leaves your body looking long, lean, and incredibly defined.

Strength & Conditioning 101– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and balance.

Strength Yoga– Basic yoga flow paired with weights to increase your strength through your flow. High intensity music pushes you through cardio bursts. Overall this class has it all: Stretching, Strength, Cardio, Core and Relaxation.

Strength Train Together – This class will blast all your muscles with a high-rep weight training workout. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best using an adjustable barbell, weight plates and body weight

OULA – A high-energy, crazy- fun, dance fitness workout for people of all abilities. By integrating the mind, body and heart, the focus is on health and wellness in a fun community- centered atmosphere.

YOGA Flow – Increase muscular strength, flexibility and balance. This is open to all levels. Come breathe, reduce stress and fine tune your body.

Cycle & Strength –This combination of cycling, and strength training adds a new challenging dimension to your workout.

ZUMBA – This is a total workout combining cardio, muscle conditioning, balance and flexibility. ZUMBA is a fitness party with a contagious blend of Latin and international rhythms that provides a fun and effective workout.