



Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am Family Yoga	10:30am Gentle Yoga	5:45am Ross Cross	9:30am Barre Moves	5:45am Ross Cross	8:30am Yoga	
6:00pm Zumba	5:45pm Ross Cross	10:30am SilverSneakers	5:45pm Ross Cross	10:30am SilverSneakers		4:00pm Boot Camp
	6:45 pm Barre Moves		6:45 pm Barre Moves			

Barre Moves – Pilates/dance based class that uses balance, yoga straps, balls, weights and stretch bands to maximize fat burning, strengthens and lengthens and stretches the body from top to bottom, from the inside out. The end result is a long and lean physique without added bulk.

Boot Camp - A mix of traditional callisthenic and body weight exercises with interval training and strength training.

SilverSneakers - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Zumba®- Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Ross Cross – Cross training to build muscle, burn maximum number of calories and change your shape. Equipment used includes barbells, dumbbells, resistance balls, bosu balls, kettlebells and of course your own body weight! If you have a fitness plateau, then this class is for you.

Yoga - Our faster paced classes are athletic in nature helping you to build strength, confidence and grace in your body and mind.

Be sure to “like” us on Facebook to stay updated on schedule changes

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