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## VIRTUAL FITNESS SCHEDULE: November 23-December 18<sup>th</sup>, 2020

. Classes are labeled for how they can be viewed. Like our FaceBook page to watch those on FaceBook live and register on our website for those on Zoom, a link will be sent to you once you register. There will not be any classes on November 26<sup>th</sup> or 27<sup>th</sup>.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM			<b>Boot Camp</b> - Zoom			
6:30AM		<b>Sunrise Yoga</b> - Zoom				
7:30AM						
8:00AM						
8:30AM	<b>HIIT</b> – FB Live		<b>Silver Sneakers Yoga</b> – FB Live			
9:00AM		<b>Silver Sneaker Classic</b> – FB Live		<b>Silver Sneaker Classic</b> - FB Live		
9:30AM			<b>CardioBOOM</b> - Zoom			
10:00AM		<b>HIIT</b> – Zoom <b>Tai Chi Chi</b> - Zoom	<b>HIIT</b> - FB Live	<b>HIIT</b> - Zoom	<b>Zumba</b> - Zoom	
10:30AM	<b>Muscle Works</b> – Zoom					
11:00AM	<b>Yoga Flow</b> – FB Live					
12:00PM			<b>Gentle Yoga</b> - Zoom			
4:30PM						
5:30PM						
5:45PM						
7:00PM						

## Group Fitness Class Participant Information:

- All class spots require a reservation at least 1 hour prior to class start, but no more than 72 hours in advance. Please commit to your reservation. We understand that life happens, if you need to cancel please do so 12 hours before so someone can have the open spot.
- Child care is currently unavailable
- Do not come to class if you are not feeling well or are experiencing any symptoms that may be related to COVID-19.
- For the large fitness room please enter through the main door and please do not congregate at the entrance. For the Ballroom, please enter through the door at the stairwell and exit through the same doors down the stairs to the fitness side. Only if you need the elevator you can use the theatre entrance.
- Masks during transitions are required.
- Be dressed and ready for the workout.
- Bring your own water bottle, mat, towel or blanket for floor work.
- Sanitize hands when entering and when exiting room.
- No fans of any kind will be allowed.
- After class please wipe down any equipment and floor that you used.

## CLASS DESCRIPTIONS

**Aqua Fusion**-This shallow water fitness class allows participants to take advantage of a great cardio workout with minimum impact on joints.

**Aqua Yoga** -Slip into the pool and experience a relaxing, yoga-inspired aqua class. You will practice breathing techniques, vinyasas, and balance postures. Wash away tension and stress.

**Aqua Zumba®**-Make a splash with this Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party.

**Boot Camp**-Join Cara for a great start to your day make it as intense as you want or need. You will be amazed at how much energy you will have when you leave! 45 minute class.

**CardioBOOM!**-This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. 40 minute class.

**Center Cycling**-45 minute class using indoor cycles for a high-energy, calorie-burning, cardiovascular workout.

**Foam Roll & Stretch** – You will work with a foam roller to release muscle tension, followed by stretching to improve flexibility, and finish with relaxation and breathing to calm and restore the body. Must bring your own foam roller, one will not be provided due to COVID.

**Full Body Fusion**-A workout that fuses PiYo and Barre for a great core and full body workout.

**Gentle Flow**-A 45 minute class that will move you through postures (asanas) to improve flexibility, range of motion, and to calm and settle the chatter in your head. Find your breath (pranayama) and the sense of peace that can come from a regular yoga practice. All levels welcome.

**HIIT (45min)** -(*High Intensity Interval Training*) Short intense bursts of activity means you'll carry on burning calories long after your workout.

**MASHUP®** - Maximize your results in less time with three classes in one! Experience a short, effective workout with Variable-Intensity-Interval-Training (VIIT). This research based program features Mind/Body, Agility & Strength, and High-Intensity Interval exercises for three fitness levels for a fun and challenging workout!

**Muscle Works**-This class is designed to work all muscle groups. You will learn to use a variety of equipment and proper form.

**Outdoors with Tracy**-Join Tracy on an outdoor adventure depending on the season!! She will take you biking, hiking, snowshoeing, or cross country skiing! Get outside and enjoy the fresh air. We will let you know what adventure is happening the week of the class.

**PIYO™** -Love the benefits of Pilates and yoga, but are crunched for time? Try PiYo™. 45 minute class.

**Ride the Beat**-With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. 45 minute class.

**Rockin' to the Oldies**-Come join Melia and make a splash! Enjoy that classic Rock n Roll music while burning those calories.

**SilverSneakers® Classic**-Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. 45 minute class.

**SilverSneakers® Splash**-Fun shallow water movements to improve agility & flexibility while addressing cardiovascular, strength, and endurance.

**SilverSneakers® Yoga**-Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.

**Sunrise Yoga** – Sunrise Yoga is the perfect class to start your day! Your senses will be awakened and your soul energized as we spend 60-minutes exploring yoga through Vinyasa yoga practice. One hour class.

**SwimFit**-Join Tracy, USMS certified, for a great swim workout. The group will train to build endurance, strength and improve technique in competitive swim strokes. Geared for adult swimmers, please bring goggles, towels, and water bottle.

**Tai Chi Chih**-Series of 19 movements that together make up a meditative form to reduce stress and improve circulating chi (energy).

**Vinyasa Yoga**-A flowing yoga class that synchronizes movement and breath. Sun salutations and a good warm-up will warm the body for a class that will be different every time. Leave class feeling light, relaxed, and strong

**Water in Motion®** -A fun aquatic class using a variety of moves to get a great workout in the water.

**XABeat** -Dance fitness program that provides high intensity cardio and toning in a fun environment where anyone can participate. No experience necessary. 45 minute class.

**Yoga Flow** -Learn proper form and breathing techniques to improve flexibility and relaxation. Prior yoga experience recommended.

**Zumba®**-A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system!! 45 minute class.