

Monthly Calendar

March 2019

WEEKLY ONGOING ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:15 am S.S. Circuit 8:15am Power Pump 9:15 am S.S. Classic 11:45am Cycle 30 5:30 pm Aerobics/Abs/Buns 5:30 pm Boxing Fitness 5:30 pm Indoor Cycling 6:45 pm Body Sculpting 6:45 pm Boxing Fitness	8:15am ZUMBA 8:15 am CORE 9:30 am SS Yoga 11:45am SS Circuit 4:00pm Yoga 5:30 pm Circuit Aerobics 6:45 pm ZUMBA	8:15am Power Pump 8:15 am S.S. Circuit 9:15 am S.S. Classic 11:45am BARRE 30	8:15 am ABS & BUNS 9:30 am SS Yoga 11:45am Step 30 4:00pm Yoga 5:30 pm Boxing Fitness 5:30pm Circuit 5:30 pm Indoor Cycling 6:45 pm Boxing Fitness 6:45 ZUMBA	8:15am ZUMBA 8:15 am S.S. Circuit 9:15 am S.S. Classic 11:45am HIIT 30	9:30am Indoor Cycling 9:30am BARRE
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3	4	5	6	7	8	9
Closed						
10	11	12	13	14	15	16
Closed						
17	18	19	20	21	22	23
Closed						
24	25	26	27	28	29	30
Closed						

Group Fitness Classes

AEROBICS, ABS, AND BUNS

A 60 minute class devoted entirely to tightening, firming, and sculpting your glutes and abs! Throw in an aerobic component and you have a great class. Good for both beginner and expert.

Instructor: Jileen McGregor

BARRE

A mix of yoga, pilates, ballet movements, and functional movements to tighten, stretch and tone. We use balls, bands, ballet barres, and small hand weights to give you a good workout.

Instructor: Mari-Lynn Wilson

BODY SCULPTING

Targets all muscle groups. Results are excellent muscle toning. Great for all levels. Weights are used. Some cardiovascular workout.

Instructor: Jileen McGregor

BOXING FITNESS

Good for both children and adults. You will get an unbelievable workout. This class offers cross-training which will increase your heart rate and help you burn calories fast!

Instructor: Ray Bishop

CIRCUIT AEROBICS

High Intensity class with quick results. Muscle strengthening and toning. Excellent Cardiovascular workout. Classes designed to go at your own pace.

Instructors: Jileen McGregor & Melodye Zahn

CORE

Core class is focused on core strength, stability, balance, improved posture and alignment. Core workouts are designed to strengthen abdominal and lateral flexors, back extensors, and core stabilizers to improve torso appearance and function.

Instructor: Jileen McGregor

HIIT 30

High Intensity Interval training designed to increase heart rate and improve overall strength. You will use weights, bodyweight, plyometrics, and other movements to really push the body.

Instructor: Jessica Hines

INDOOR CYCLING

Combine energizing music with unique workout classes and you get a great fitness workout with powerful results. These classes can strengthen your heart and lungs, burn calories, and decrease stress.

Instructor: Tommy Kell & Mari-Lynn Wilson

POWER PUMP

This class challenges all your major muscle groups by using weight room exercises. This class focuses on high reps and low weight movements.

Instructor: Jessica Hines

SILVERSNEAKERS CIRCUIT

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

Instructor: Roxanne Patterson

SILVERSNEAKERS CLASSIC

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify for your fitness level.

Instructor: Roxanne Patterson

SILVERSNEAKERS YOGA

Move through seated and standing yoga poses designed to increase flexibility, balance and range of motion. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Instructor: Teresa Hennessee

STEP 30

Using a height adjustable step, for 30 minutes you'll get your heart rate up as you step on/off and around to choreographed music.

Instructor: Jessica Hines

YOGA

Mind/Body class to increase strength, coordination, flexibility and balance. All levels welcome!

Instructor: Candice Rowland

ZUMBA

An exhilarating, effective, easy to follow, latin-inspired, calorie-burning dance fitness party!

Instructors: Jessica Hines & Melodye Zahn