

## SPRING 2020 GROUP FITNESS SCHEDULE

### MON

8:15 AM

S.S. Circuit w/Roxanne  
Power Pump w/Jessica

9:15 AM

S.S. Classic w/Roxanne

5:30 PM

Aerobic Abs & Buns w/Jileen  
Boxing w/Ray  
Indoor Cycling w/Pat & Melodye

6:45 PM

Boxing w/Ray  
Strong by Zumba w/Pat

### TUES

8:15 AM

Zumba w/Jessica  
CORE w/Jileen

9:30 AM

S.S. Yoga w/Teresa

11:45 AM (30 min)

Cycle30 w/Melodye

5:30 PM

Zumba w/Melodye

6:45 PM

Zumba 30/Strong 30  
(Espanol) w/Elvira

### WED

8:15 AM

Power Pump w/Jessica  
S.S. Circuit w/Roxanne

9:15 AM

S.S. Classic w/Roxanne

5:00 PM

Strong by Zumba w/Pat

### THURS

8:15 AM

Aerobics Abs & Buns w/Jileen

9:30 AM

S.S. Yoga w/Teresa

11:45 AM (30 min)

Zumba30 w/Pat

5:30 PM

Barre w/Melodye

Boxing w/Ray

Indoor Cycling w/Katina

6:45 PM

Zumba w/Elvira

Boxing w/Ray

### FRI

8:15 AM

Zumba w/Jessica  
S.S. Circuit w/Roxanne

9:15 AM

S.S. Classic w/Roxanne

4:30 PM

Honey Dipped w/Gloria

### SAT

8:00 AM

Bootcamp w/Cristy

8:15 AM

Step Circuit w/Melodye

9:30 AM

Barre w/Melodye

Indoor Cycling w/Pat & Katina

#### Group Exercise Policies

1. Please arrive 5-10 minutes before the start of class to check in and obtain your equipment.
2. If you are new, introduce yourself to the instructor and let them know of any limitations or injuries you may have.
3. All classes are filled on a first come-first serve basis.
4. Fitness Equipment must remain in the studios.
5. Proper footwear is required during fitness classes. Boots or sandals are not permitted. Yoga/Barre are the exception.
6. Workout attire must fully cover the mid-section and shirts must be worn at all times.
7. **Cycling Rules:** Please bring a water bottle, towels are provided. You must be on your bike 5 minutes before class starts to be able to ride. Please wipe down your bike seat and handlebars after the class and place the handlebars on the floor.

# 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

## **BOOT CAMP**

Interval training class that mixes calisthenics and body weight training with strength and cardio fitness. Expect a new workout every class that are designed to push you harder than you might push yourself and always keep your body guessing!

Instructor: Mari-Lynn Wilson

## **BARRE**

A mix of yoga, pilates, ballet, 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 & Melodye Zahn

## **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

## **STEP**

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

Instructors: Melodye Zahn

## **VINYASA YOGA**

This type of yoga is described as movement synchronized with the breath. This is a dynamic flow-type yoga and all levels are welcome!

Instructor: Mari-Lynn Wilson

## **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

## **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: Katina Sliger/Melodye Zahn/Pat Collin

## **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 CARDIO**

Safe, heart-healthy, and gentle on the joints. The workout includes easy to follow, low-impact movement and upper-body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.

Instructor: Roxanne Patterson

## **HONEY DIPPED**

30 Minutes of a strength building power yoga flow, followed by 45 minutes of restorative yoga to open up the body and achieve maximum relaxation.

Instructor: Mari-Lynn Wilson

## **SILVERSNEAKERS CLASSIC**

Exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Weights and balls are alternated with non-impact aerobic choreography. A chair is offered for support.

Instructor: Roxanne Patterson

## **SILVERSNEAKERS YOGA**

This will move your body through a complete series of seated and standing yoga postures. Chair support is offered. This promotes stress reduction and mental clarity.

Instructor: Teresa Hennessee

## **ZUMBA**

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

Instructors: Jessica Hines & Melodye Zahn

## **ZUMBA STRONG/STRONG30**

Burn calories while toning arms, legs, abs and glutes. Plyometric or explosive movements like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Instructors: Jessica Hines & Pat Collin