

# september group fitness class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15 am <b>Stretch</b> Libby (Western)	6:00-6:45 am <b>Spinning Express</b> Stephanie	6:00-7:00 am <b>Jump Force</b> Amy K. (Selby)	6:00-6:45 am <b>Spinning Express</b> Amy K.	9:10-10:10 am <b>PowerBarz</b> Kristin (Selby)	8:00-9:00 am <b>Spinning</b> Annie/Jill
10:45 -11:30 am <b>SilverSneakers® MSROM*</b> In-Fin (Selby)	9:15-10:15 am <b>Forever Fit</b> Jason (Selby)	9:15-10:15 am <b>Power Barz</b> Kristin (Selby)	9:15-10:15 am <b>Forever Fit</b> Libby (Selby)	9:15-10:15 am <b>Stretch</b> Libby ( Western)	9:00-10:00 am <b>Latin Hip- Hop</b> Amy H. (Selby)
5:10-6:10 pm <b>Step Challenge</b> Jason (Selby)	9:30-10:30 am <b>Spinning</b> Jill/Cathy	10:45-11:30 am <b>SilverSneakers® MSROM*</b> In-Fin (Selby)	9:30-10:30 am <b>Spinning</b> Jodi	10:15-11:15 am <b>Latin Hip-Hop</b> Amy H. (Selby)	10:15-11:15 am <b>Power Barz</b> Jason (Selby)
6:15-7:15 pm <b>PowerBarz</b> Jason (Selby)	12:00-1:00 pm <b>PowerBarz</b> Cecelia (Selby)	12:00-12:45 pm <b>Spinning Express</b> Jill	12:00-1:00 pm <b>PowerBarz</b> Cecelia (Selby)		
	6:35-7:35 pm <b>PowerBarz</b> Cecelia (Selby)	5:30-6:30 pm <b>Basic Step</b> Jim (Selby)	6:35-7:35 pm <b>PowerBarz</b> Cecelia (Selby)		
	6:35-7:35 pm <b>Intro to Yoga</b> Linda ( Western)	5:30-6:30 pm <b>Stretch</b> Libby (Western)			
		6:35-7:35 pm <b>Hip-Hop</b> Kathy A. / Amy H. (Selby)			

## About Group Fitness Offerings

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Led by certified instructors and free to members, Group Fitness Classes offer a range of fun and challenging workouts. Options include water exercise, stretching, strength training, circuit training, cardio kickboxing, spinning and more. For a listing of water fitness classes, please see the Aquatics Class Schedule.

### Beginning

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**Stretch:** Emphasis is placed on improving individual flexibility and range of motion.

**Forever Fit:** Designed for ages 55+. Low impact aerobics, strength training, core conditioning and stretching.

**Basic Step:** 25 minutes of introductory step choreography with strength training and stretching.

**Intro to Yoga:** Designed for individuals who have little or no yoga experience. Basic yoga poses are practiced.

### Intermediate

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**Sport Circuit:** Fast paced circuit class involving callisthenic and plyometric drills. Class is outside, weather permitting.

**Step/Bosu:** A class that combines intense cardio bosu choreography with step aerobics.

**Step Challenge:** Advanced step choreography which includes plyometric training.

**Jump Force:** Fast paced interval training class, incorporating step moves using hand weights, cardio boxing, strength training and drills.

**Step Interval:** Step aerobics combined with strength training intervals

### Advanced

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**Cardio Kickboxing:** High energy choreography using punches, kicks, and combinations.

**Cardio Kickboxing Circuit:** Interval class involving circuit stations of punches and kicks

**Instructor's Choice:** 20 minutes of Cardio/ Strength/ stretch. Instructor chooses.

**Spinning:** High-energy cardio cycling class set to music.

**Spinning Express:** Same as spinning but shorter in duration.

### Multi

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**Latin Hip- Hop:** A fun, intense, easy to follow workout, fusing Latin dance and Hip Hop Dance.

**Power Barz:** Strength training class, using bars with plates combined with other strength training equipment.

**SilverSneakers® MSRM\*:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Hip-Hop:** A fun, intense, easy to follow Hip -Hop routine

**Step/Core:** Intermediate Step and Core Class

\* SilverSneakers® Muscular Strength & Range of Movement - SilverSneakers® is a registered mark of Healthways, Inc.



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