



# february group fitness class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am	6:00-6:45 am	6:00-7:00 am	6:00-6:45 am	8:15-9:00am	8:00-9:00 am	4:30-5:30 pm
<b>Turbo Kick</b> Mary (Selby)	<b>Spinning Express</b> Stephanie	<b>Turbo Kick</b> Amy K. (Selby)	<b>Spinning Express</b> Amy K.	<b>SilverSneakers®</b> <b>Yoga Stretch</b> Libby (Selby)	<b>Spinning</b> Cathy Q.	<b>Spinning</b> Rotation
9:15-10:15 am	9:15-10:15 am	9:15-10:15 am	9:15-10:15 am	9:10-10 :10 am	9:00-10:00 am	
<b>Intro to Yoga</b> Libby (Western)	<b>Forever Fit</b> Jason (Selby)	<b>Power Barz</b> Kristin (Selby)	<b>Forever Fit</b> Libby (Selby)	<b>PowerBarz</b> Kristin (Selby)	<b>Turbo Kick</b> Mary (Selby)	
10:45 -11:30 am	9:30-10:30 am	10:45-11:30 am	9:30-10:30 am	9:15-10:15 am	10:15-11:15 am	
<b>SilverSneakers® MSROM*</b> In-Fin (Selby)	<b>Spinning</b> Jodi	<b>SilverSneakers® MSROM*</b> In-Fin (Selby)	<b>Spinning</b> Kristina	<b>Intro to Yoga</b> Libby ( Western)	<b>Power Barz</b> Jason (Selby)	
5:15-6:00 pm	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm	9:30-10:30 am		
<b>Step Challenge</b> Jason (Selby)	<b>Power Barz</b> Cecelia (Selby)	<b>Spinning</b> Jill	<b>Power Barz</b> Cecelia (Selby)	<b>Spinning</b> Jodi		
6:15-7:15 pm	6:35-7:35 pm	5:30-6:30 pm	5:30-6:30 pm			
<b>Power Barz</b> Jason (Selby)	<b>PowerBarz</b> Cecelia (Selby)	<b>Basic Step</b> Jim (Selby)	<b>Hip-Hop</b> Kathy A. (Selby)			
6:15-7:00 pm	6:35-7:35 pm	5:30-6:30 pm	6:35-7:35 pm			
<b>Spinning Express</b> Annie/Stephanie	<b>Intro to Yoga</b> Linda ( Western)	<b>Intro to Yoga</b> Libby (Western)	<b>PowerBarz</b> Cecelia (Selby)			
		6:35-7:35 pm				
		<b>Spinning</b> Jodi				

\* Denotes New Class

## Beginning

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**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.

**Beginning Spinning:** This introductory class provides detailed information on bike set-up, pace, proper cadence and tension, and other key concepts to help participants get the best out of a spin class. For participants who are new to classes in a group setting, are just starting an exercise program or would like to stick to the fitness basics. These classes focus on technique and intensity with emphasis on proper form.

**Low Impact:** This low-impact aerobic class is designed to improve your cardiovascular fitness, tone your muscles and increase your range of motion.

## Intermediate

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

## Advanced

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**TurboKick:** This ultimate cardiovascular challenge includes a sport-specific warm-up, bouts of intense intervals, easy-to-follow combinations, kickboxing specific strength and endurance training, and a Tai-Chi like cool-down.

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

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

## Multi

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

**SilverSneakers® MSROM\*:** 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:** Hip-hop dance class that's super easy to follow. It incorporates simple hip hop dance moves that will give everyone the fun and effective workout they have been looking for.

**SilverSneakers® Yoga Stretch\*:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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