



LIFECENTER

HEALTH & FITNESS CLUB

Group Fitness Schedule (October 1st - December 31st)

Monday

8:30am-9:30am	AquaFit	Bethanie	Splash Central
8:45am-9:30am	Strictly Strength	Cindy	Fitness Studio
9:45am-10:30am	Mat Pilates	Cindy	Fitness Studio
5:30pm-6:15pm	Brick Bodies	Lisa D.	Fitness Studio
6:20pm-7:15pm	ZUMBA	Melissa	Fitness Studio
7:15pm-8:15pm	Restorative Yoga	Sherry	Dance Studio

KEY
Combo (Cardio/Strength)
Cardio
Mind/Body
Strength
Water

Tuesday

6:00am-6:45am	Body Conditioning	Jennifer	Fitness Studio
8:15am-9:15am	Yoga	Kristi	Dance Studio
9:45am-10:30am	Mat Pilates	Lisa S.	Fitness Studio
10:45am-11:45am	Forever Fit	Bethanie	Fitness Studio
5:30pm-6:15pm	Cardio Beat Blast	Cindy	Fitness Studio
6:15pm-7:15pm	Barre Above	Annette	Dance Studio
7:15pm-8:00pm	Strictly Strength	Devin	Fitness Studio

Wednesday

6:00am-6:45am	Cycle 45	Jennifer	Fitness Studio
8:30am-9:30am	AquaFit	Bethanie	Splash Central
8:45am-9:30am	Cardio Barre	Surayah	Fitness Studio
9:45am-10:30am	Chair Yoga	Shannon	Fitness Studio
5:30pm-6:15pm	Brick Bodies	Lisa D.	Fitness Studio
6:30pm-7:15pm	Yolates	Cindy	Fitness Studio

Thursday

6:00am-6:45am	Cardio Beat Blast	Cindy	Fitness Studio
8:15am-9:15am	Yoga	Kristi	Dance Studio
8:45am-9:30am	Brick Bodies	Lisa D.	Fitness Studio
9:45am-10:30am	Pedal 'N Pump	Carrie	Fitness Studio
10:45am-11:45am	Forever Fit	Bethanie	Fitness Studio
5:30pm-6:15pm	Yoga	Cindy	Fitness Studio
6:30pm-7:30pm	Pumped UP Strength	Annette	Fitness Studio

Friday

6:00am-6:45am	Yoga	Shannon	Fitness Studio
8:45am-9:30am	AQUA ZUMBA	Susan	Splash Central
8:45am-9:45am	Step 'N Sculpt	Lisa D.	Fitness Studio
10:00am-11:00am	Tai Chi	Sherry	Fitness Studio

Saturday

7:15am-8:00am	Cycle 45	Wendy	Fitness Studio
8:15am-9:00am	Boxing Circuit	Wendy	Fitness Studio

Sunday

9:15am-10:00am	Kettle 'N Core	Devin	Fitness Studio
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Announcements

CLASS DESCRIPTIONS

AQUAFIT – A low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you do not have to be a swimmer to participate.

BARRE ABOVE® - A moderate intensity class fusing Pilates, yoga, and aerobics. Focus will be on improving posture, balance, muscle endurance, and flexibility. Classes may utilize the Barre, Pilates balls, gliding disks, stretch bands, and light dumbbells. Visit barreabove.com to preview a typical class .

BODY CONDITIONING – Moderate intensity class using various equipment pieces for muscle endurance and (non-choreographed) cardiovascular conditioning. Core and some strength will be included.

BOXING CIRCUIT – A moderate to high intensity class that brings a balance of kickboxing, plyometric, and strength.

BRICK BODIES – This class alternates intervals of toning with a wide variety of cardio segments, which may include, cycle, kick box, hi/low, etc. This class may also be set up using alternating stations of cardio and strength.

CARDIO BARRE - A combination of functional strength, dance, Pilates and Yoga. We use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. 2-3 lb. hand weights, small balls, tubing and bands will be used.

CARDIO BEAT BLAST – Cardio class that includes drills, running, and biking for cardiovascular endurance, body weight and weighted exercises for muscle endurance. May include optional plyometric activities. Class may move to running track, or outdoors during good weather.

CARDIO SPLASH – A moderate intensity cardiovascular water class, including core strengthening & stretching for maximum flexibility & range of motion

CHAIR YOGA– This chair-based Yoga Class will offer the benefits of a yoga class but uses a chair as a prop for support, balance, or advancing the pose as appropriate for each student. A series of options are given for each posture to allow students to find the optimal balance between support and challenge to meet them where they are at the moment. This class will incorporate an exploration of alignment, strength, balance, flexibility, breath, and relaxation. All fitness levels are welcome to this class.

CYCLE – High intensity cardiovascular training that simulates outdoor cycling. CYCLE 45 = 45 minute class, CYCLE 60 = 60 minute class. Strictly FIRST COME FIRST SERVE, Capacity is 18 bikes. WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.

FOREVER FIT – Low to moderate intensity strength training class using body weight and various equipment for low impact challenge.

KETTLE -N- CORE – Moderate to high intensity workout for your entire body with core muscle control that will get the heart pumping and strengthen muscles. The class will also include core conditioning mat work to further strengthen the body. Dumbbells may also be used.

MAT PILATES – A moderate intensity class that develops muscle strength and endurance of core muscles. Participants will utilize Pilates balls, rings, and bands.

PEDAL 'N PUMP - A moderate to high intensity interval ride class that simulates outdoor cycling pedaling through hills, sprints and other challenging drills. This class also combines body weight and weighted exercises with a combination of full body strength training.

PUMPED UP STRENGTH - A full-body strength session, utilizing combination movement patterns in a targeted, rhythmic progression. The workout fuses cardio into a functional strength workout that is challenging and fun.

RESTORATIVE YOGA – A gentle moving class designed to help you decompress your mind, relax your body, and stretch your muscles. Geared toward all fitness levels.

STRICTLY STRENGTH – A moderate intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

TAI CHI – a graceful form of exercise that involves a series of movements performed slowly and with focus. Tai chi strengthens muscles and is good for pre/post joint replacement exercise, as well as arthritic pain. No equipment needed. Wear loose fitting clothing and gym shoes.

YOGA – Designed to improve health, performance, and mental acuity. It blends balance, strength, and flexibility. This class is geared to all fitness levels.

YOLATES – A combination of Pilates and Yoga inspired movements. It will increase your flexibility, core stability, and all over muscle tone. Resist-a-ball or Pilates balls may be used.

ZUMBA® – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.

