



# LIFECENTER

## HEALTH & FITNESS CLUB

### Group Fitness Schedule (January 1st - April 30th)

#### 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	X-TREME 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
10:00am-10:45am	Chair Yoga	Shannon	Fitness Studio
11:00am- 11:45am	Stretch & Mobility	Lisa. S	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 FLOW	Cindy	Fitness Studio
6:30pm-7:30pm	Pumped Up Strength	Annette	Fitness Studio
7:30pm - 8:00pm	EXPRESS Stretch & Mobility	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
9:30am-10:15am	OMG Strength	Carrie	Fitness Studio

#### Sunday

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

#### \* TIME CHANGE \*

**CHAIR YOGA**  
New Start time 10AM  
Begins Wed. Feb. 7, 2024

#### NEW CLASS ALERT

**STRETCH & MOBILITY**  
Every Wednesday 11am

**Class begins**  
Wed. Feb. 7, 2024

## 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](http://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 moderate intensity class fusing ballet, modern, belly dance & aerobic moves to burn calories, tone the body, enhance posture, circulation, coordination, and balance.

**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 45** – 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.

**OMG STRENGTH** - This strength class will challenge you on every level combining the best of various intervals using dumbbells, pump bars and body bars. This total body strength class will increase muscle endurance and functional movement.

**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.

**STEP N' SCULPT** - This class uses short, choreographed STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. Various equipment pieces are used including, but not limited to, weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

**STRETCH & MOBILITY** - Full body stretch and mobility exercises utilizing yoga blocks, yoga balls, straps and foam rollers, geared toward keeping your joints and muscles healthy.

**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.

**X-TREME STRENGTH** - A high intensity class using free weights, med balls, kettlebells, pump and body bars to develop muscle strength and endurance.

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

**YOGA FLOW**- Yoga that focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way.

**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.

**AQUA 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 training while in water.

**ZUMBA®** – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance workout, combining all elements of fitness –





