

# Group Exercise Land Schedule – Effective 01/03/2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am- 9:30 am	Fit Club/Walking Hour (Megan) <b>(G)</b>		Fit Club/Walking Hour (Megan) <b>(G)</b>		Fit Club/Walking Hour (Megan) <b>(G)</b>	Total Body Lift (Megan)
	Stretch & Tone (Hillary)		Stability Ball (Vicki)		Stretch & Tone (Hillary)	
9:30 am- 10:30 am	Yoga Studio(\$\$) (Pam)		Yoga Studio(\$\$) (Pam)		Yoga Studio(\$\$) (Pam)	
10:45 am– 11:45 am	Silver Sneaker Classic (Patsy) <b>(G)</b>	Cardio Drumming (Joan)	Silver Sneaker Classic (Patsy) <b>(G)</b>	Chair Yoga (Patsy) <b>(G)</b>	Silver Sneaker Classic (Patsy) <b>(G)</b>	
6:00 pm- 7:00 pm	Cycling (Dan)	Cybox Circuit (Megan)		Cycling (Dan)		

## **CLASS DESCRIPTIONS**

**Fit Club/Walking Hour** – Get your heart and muscles pumping. Meet in gym for 60 minutes of walking and other activities.

**Stretch & Tone** – Variety of standing and floor exercises designed to strengthen and tone muscles.

**Stability Ball** – Total body muscle sculpting utilizing the stability ball. Challenges your core muscles and improves balance.

**Silver Sneaker Classic** – (45 min) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles & a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Cycling**- High impact, cardio course that is easy on the joints.

**Cybox Circuit**- Weight course utilizing our cybox equipment for all around body strength, tone, and energy.

**Chair Yoga**- Enjoy the recovery aspects of yoga in the safety of a chair.

**Total Body Lift**- Variety of standing and floor exercises designed to strengthen and tone muscles.

**(\$) Yoga Studio** – Improve body tone, definition, flexibility and reduce stress by integrating the body and mind.

**(G)** Denotes classes held in the gym. **(\$\$)** Denotes payment required-See front desk for more info