

Group Exercise Land Schedule – Effective 05/01/2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am	Balance & Flexibility (Megan) (G)		Balance & Flexibility (Megan) (G)		Balance & Flexibility (Megan) (G)	
	Stretch & Tone (Hillary)		Stability Ball (Hillary)		Stretch & Tone (Hillary)	
9:30am-10:30am	Yoga Studio(\$\$) (Pam)		Yoga Studio (\$\$) (Pam)		Yoga Studio (\$\$) (Pam)	
10:45am-11:45am	Silver Sneaker Classic (Patsy) (G)	Cardio Drumming (Joan)	Silver Sneaker Classic (Patsy) (G)	Chair Yoga (Patsy) (G)	Silver Sneaker Classic (Patsy) (G)	
6:00pm-7:00pm		Cybox Circuit (Megan)				

CLASS DESCRIPTIONS

Balance & Flexibility– A class with a focus on improving balance and gaining flexibility for all ages and stages of fitness!

Stretch & Tone – 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.

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.

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.

(\$) **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