

Group Exercise Land Schedule – Effective 01/01/2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10am						Indoor Cycling (Erica)
8:30am	Walking Hour (G)		Walking Hour (G)		Walking Hour (G)	
8:30am	Stretch & Tone (Hillary)		Stability Ball (Vicki)		Stretch & Tone (Erica)	
9:00am		Cardio Jam (Erica)		Cardio Jam (Erica)		
9:15am						Total Body Lift (Erica)
9:30am						
10:00am						
10:30am						
10:45am	Silver Sneaker Classic (Patsy) (G)		Silver Sneaker Classic (Patsy) (G)	Chair Yoga (Patsy) (G)	Silver Sneaker Classic (Patsy) (G)	
11:30am						
5:45pm	POUND (Erica) (G)			POUND (Erica) (G)		
6:00pm						
6:30pm						

CLASS DESCRIPTIONS

Cardio Jam – High energy, fast paced aerobic workout with fun easy to follow choreography !

Walking Hour – Get your heart and muscles pumping. Meet in gym for 60 minutes of walking.

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.

POUND- A full body cardio jam session combining light resistance with constant simulated drumming.

Indoor Cycling- Cardiovascular workout with a stationary bike. Stationary bikes have different tension settings to accommodate all levels of riders, ensuring a comfortable and challenging workout.

Total Body Fit – This class offers strengthening and sculpting exercises targeting all muscle groups. Classes incorporate exercises using a variety of resistance equipment.

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