



VIRTUAL GROUP FITNESS CALENDAR

Virtual Classes Available through Zoom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:55am-9:40am Chair Yoga*	8:55am-9:40am Chair Yoga*	8:55am-9:25am Flex & Bal		8:55am-9:25am Flex & Bal	
9:45am-10:45am Gentle Yoga	9:45am-10:15am Standing Barre			9:30am-10:00am Fun Fit	
	10:20am-10:50am Mat Pilates	10:30am-11:00am Stability Ball	10:00am-10:45am Chair Yoga*		
			11:00am-12:00pm Gentle Yoga	10:30am-11:00am Flex & Bal*	11am-11:30am Inst. Special
12:00pm-12:30pm Flex & Bal*		12:00pm-12:30pm Flex & Bal*		11:05am-11:35am Fun Fit*	
12:35pm-1:05pm Fun Fit*		12:35pm-1:05pm Fun Fit*			
2:00pm-3:00pm Gentle Yoga	4:30pm-5:00pm Instructor Special	2:00pm-3:00pm Gentle Yoga	4:30pm-5:00pm Instructor Special		
5:25pm-5:55pm Stability Ball	5:25pm-5:55pm Abs / Core				
6:00pm-6:30pm Inst. Special	6:00pm-6:30pm Flex & Balance	5:00pm-5:55pm Yoga Fusion	6:00pm-6:30pm Flex & Balance		

Description of Classes

ABS/CORE: Tighten your midsection and strengthen your abdominals. Your core extends far beyond your abs and is incorporated in almost every movement of the human body. Be core strong! *Please stretch prior to attending this class.*

CHAIR YOGA: Enjoy a variety of standing and seated gentle yoga postures to increase balance & flexibility, and reduce stress. Move slowly, at your own pace. Classes end with guided imagery, a form of meditation. Soft lighting provides an atmosphere of peace and comfort. **class avoids floor exercises*

FLEXIBILITY & BALANCE (FLEX & BAL): Incorporates a variety of stretching and balance exercises to help improve the range of motion of your joints and muscles while improving your overall balance. **class avoids floor exercises*

FUN FIT (FUNCTIONAL FITNESS): Exercises that use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture, and agility. This low to moderate intensity class is fun, challenging, and effective full-body workout that prepares the body for every day, real-life activities. Also offered to avoid floor exercises: **class avoids floor exercises*

GENTLE YOGA: Participate in gentle hatha yoga postures performed slowly, at your own pace, & designed to increase flexibility and reduce stress. Class begins with a gentle "wake up" routine, followed by basic yoga postures, and ends with relaxation and visualization. Wear loose, comfortable clothing, bring a mat, a small towel, and a bottle of water.

INSTRUCTOR SPECIAL (INST. SPECIAL): Never get bored again! Let's have fun by leaving it up to the instructor to decide on the type of class to teach. A more intense class that is different every time, such as high intensity interval training, feel the beat, circuit training, and so much more. Modifications demonstrated when available. Recommended for moderate to advance fitness levels.

MAT PILATES: A low-impact floor workout that uses your own body weight to build core strength, flexibility, and better posture.

STABILITY BALL: This 30-minute class incorporates multiple, basic and advanced exercises on the stability ball to improve your core strength. Recommended for all fitness levels. INTRO Stability Ball is geared for newcomers and beginners.

STANDING BARRE: A low-impact workout performed entirely on your feet while using a chair for balance. It combines ballet fundamentals, Pilates, and strength training through isometric micro-movements, high repetitions, and steady core stabilization to sculpt the lower body and improve posture.

YOGA FUSION: A series of gentle, dynamic, yoga based movements using breath to strengthen, improve balance, posture and body awareness. This class may use blocks, bands, and/or light weights. Bring a mat and water.