



# GROUP FITNESS CALENDAR

Virtual Classes Available See Website for Details

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

## 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.*

**BARRE ABOVE®:** Improve your posture, flexibility, overall body strength & balance while obtaining a body awareness that you may not have had before. This class will transform your body and help you feel more confident in your fitness.

**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:** Focus on core exercises to build your muscles and core strength. Please remember to bring your mat.

**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.

**STRETCH & STRENGTH:** Incorporates static stretches and promotes muscle growth with resistance bands, light weights, and body weight. Focus on Form.

**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.

**\*\*IS NOT INCLUDED IN YOUR BF MEMBERSHIP or OFFERED VIRTUALLY; Punch Card Required**

**ZUMBA®/ZUMBA® GOLD\*\*:** A low-intensity to high-intensity interval-style Latin dance workout. Zumba® Gold is a modified class at a lower-intensity.