









FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DOWNTOWN

## GROUP EXERCISE SCHEDULE

January • February • March 2019

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	Cycling	5:00a	5:45a	Stephenie	Cycling Studio	Cycling
	Cycling	5:45a	6:30a	Stephenie	Cycling Studio	Cycling
	SilverSneakers® Classic	10:30a	11:15a	Karen W.	Studio	AOA
	AOA Intervals	11:30a	12:00p	Karen W.	Studio	AOA
	Cardio Strength	12:15p	1:00p	Tonya	Studio	Strength
	Cycling	12:15p	1:00p	Kelli	Cycling Studio	Cycling
	BODYPUMP® 	5:15p	6:15p	Tammerrie	Studio	Strength
	Cardio Strength	5:30p	6:15p	Jama	Upstairs Studio	Cardio Strength
Dance Fitness	6:25p	7:25p	Stacy	Studio	Dance	
TUES	TRX®	8:30a	9:15a	Amanda	Strength & Performance	Strength
	SilverSneakers® Classic	10:30a	11:15a	Brenda	Studio	AOA
	Cardio Strength	11:25a	12:10a	Jessica	Studio	Cardio Strength
	BODYPUMP® 	12:15p	1:00p	Jeff	Studio	Strength
	Cycling	5:30p	6:15p	Steve	Cycling Studio	Cycling
	Intervals	6:15p	7:00p	Carla	Studio	Cardio Strength
WED	Cycling	5:00a	5:45a	Stephenie	Cycling Studio	Cycling
	Cycling	5:45a	6:30a	Stephenie	Cycling Studio	Cycling
	SilverSneakers® Yoga	10:30a	11:15a	Karen W.	Studio	AOA
	Cardio Strength	12:15p	1:00p	Tonya	Studio	Strength
	Cycling	12:15p	1:00p	Kelli	Cycling Studio	Cycling
	BODYPUMP® 	5:15p	6:15p	Tammerrie	Studio	Strength
	Cardio Strength	5:30p	6:15p	Jama	Upstairs Studio	Cardio Strength
	Walking Club	5:30p	6:30p	Jodi	Meet in the Lobby	Cardio
Dance Fitness	6:25p	7:25p	Stacy	Studio	Dance	
THURS	TRX®	8:30a	9:15a	Amanda	Strength & Performance	Strength
	SilverSneakers® Classic	10:30a	11:15a	Brenda	Studio	AOA
	Cardio Strength	11:25a	12:10a	Jessica	Studio	Cardio Strength
	BODYPUMP® 	12:15p	1:00p	Jeff	Studio	Strength
	Cycling	5:30p	6:15p	Steve	Cycling Studio	Cycling
	Intervals	5:45p	6:30p	Greer	Studio	Cardio Strength
FRI	Cycling	5:00a	5:45a	Stephenie	Cycling Studio	Cycling
	Cycling	5:45a	6:30a	Stephenie	Cycling Studio	Cycling
	SilverSneakers® Classic	10:30a	11:15a	Karen W.	Studio	AOA
	AOA Intervals	11:30a	12:00p	Karen W.	Studio	AOA
	Cardio Strength	12:15p	1:00p	Terri	Studio	Cardio Strength
	Cycling	12:15p	1:00p	Kelli	Cycling Studio	Cycling
	BODYPUMP® 	5:15p	6:00p	Tammerrie	Studio	Strength
SAT	BODYPUMP® 	8:30a	9:15a	Alternating	Studio	Strength
	Dance Fitness	10:00a	11:00a	Stacy	Studio	Dance

## CLASS DESCRIPTIONS

**CARDIO** – classes are focused on aerobic activity. Cardio classes are typically good for individuals looking for weight loss or training for endurance.

**Intervals • Step • Cardio Boxing • Cycling & Strength • Cardio Step & Core • Kickboxing**

**STRENGTH** – classes are focused on weight training. Strength classes will help you strengthen and tone with a variety of equipment. Some specified classes may combine other forms of training into your workout.

**Strength • Cardio Strength • TRX® • Core • Core & Glutes • Les Mills BODYPUMP®**

**CYCLING** – classes use the cycling bikes. Cycling classes focus on a cardiovascular workout that will challenge you at different resistance and intensity levels as you cycle to upbeat music.

**Cycling**

**MIND & BODY** – classes are focused on flexibility, balance, stability, and core. These classes will utilize one's own body weight and incorporate mindful exercise.

**Mind & Body • Yoga • Pilates • PiYo™**

**DANCE** – Choreography & dance moves. Classes use modern music to get your heart pumping and inspire you through movement.

**Dance Fitness • Zumba™ • Zumba Toning™ • Strong Zumba™**

**AOA** – Active Older Adult Classes. Older adults will find these classes in a variety of categories such as cardio, strength, dance, and mind and body. Members of all ages are welcome to join these classes; if a member is recovering from an injury or surgery or just easing back in they are welcome to start here.

**Silver Sneakers® • Silver Sneakers® Circuit • Silver Sneakers® Yoga • AOA Intervals • Zumba Gold™**

**FEE-BASED PROGRAMS** – These programs are offered at each location throughout the year. Programs will vary based on class type and intensity. For more information about offered programs, please check with our Member Service Staff.