



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NORTHWEST GROUP EXERCISE SCHEDULE

July • August • September 2019

| | CLASS | STARTS | ENDS | INSTRUCTOR | LOCATION | CATEGORY |
|-------|-------------------------|--------|--------|-------------------|------------------------|-------------|
| MON | BODYPUMP® 8:00a | 8:00a | 8:45a | Laurie | Wellness Center Studio | Strength |
| | Zumba Toning™ | 9:00a | 9:40a | Karen T. | Wellness Center Studio | Dance |
| | BODYFLOW® 9:10a | 9:10a | 10:10a | Laurie | Upstairs Studio 1 | Mind & Body |
| | Zumba™ | 9:45a | 10:30a | Karen T. | Wellness Center Studio | Dance |
| | SilverSneakers® Classic | 10:45a | 11:30a | Karen T./Sandy | Wellness Center Studio | AOA |
| | Cardio Strength | 4:30p | 5:15p | Liz | Wellness Center Studio | Strength |
| | Yoga | 5:30p | 6:15p | Laurie | Upstairs Studio 2 | Mind & Body |
| | Zumba™ | 5:30p | 6:30p | Lisa | Upstairs Studio 1 | Dance |
| | BODYPUMP® 5:45p | 5:45p | 6:45p | Patty | Wellness Center Studio | Strength |
| TUES | Cycling | 5:30a | 6:15a | Teresa | Upstairs Studio 1 | Cycling |
| | Cycling | 8:15a | 9:00a | Laurie | Upstairs Studio 1 | Cycling |
| | Strength | 9:00a | 9:45a | Terri/Alternating | Wellness Center Studio | Strength |
| | Yoga | 9:30a | 10:30a | Laurie | Upstairs Studio 1 | Mind & Body |
| | Zumba Gold™ | 10:00a | 10:45a | Karen T. | Wellness Center Studio | AOA Dance |
| | Zumba™ | 10:50a | 11:50a | Tiffany | Wellness Center Studio | Dance |
| | Intervals | 12:00p | 12:45p | Tiffany | Wellness Center Studio | Cardio |
| | BODYFLOW® 4:30p | 4:30p | 5:15p | Molly | Upstairs Studio 1 | Mind & Body |
| | Cycling | 5:30p | 6:30p | Liz/Amy | Upstairs Studio 1 | Cycling |
| | BODYFLOW® 7:00p | 7:00p | 8:00p | Casey | Upstairs Studio 1 | Mind & Body |
| WED | BODYPUMP® 8:00a | 8:00a | 9:00a | Laurie | Wellness Center Studio | Strength |
| | Cycling | 8:15a | 9:00a | Terri/Alternating | Upstairs Studio 1 | Cycling |
| | Pilates | 9:10a | 10:10a | Laurie | Upstairs Studio 1 | Mind & Body |
| | SilverSneakers® Yoga | 9:45a | 10:30a | Sandy | Wellness Center Studio | AOA |
| | SilverSneakers® Circuit | 10:45a | 11:30a | Sandy | Wellness Center Studio | AOA |
| | Cardio Strength | 4:30p | 5:15p | Liz | Wellness Center Studio | Strength |
| | BODYFLOW® 5:30p | 5:30p | 6:15p | Kamna | Upstairs Studio 2 | Mind & Body |
| | Zumba™ | 5:30p | 6:30p | Lisa/Shelly | Upstairs Studio 1 | Dance |
| | BODYPUMP® 5:45p | 5:45p | 6:45p | Patty | Wellness Center Studio | Strength |
| THURS | Cycling | 5:30a | 6:15a | Teresa | Upstairs Studio 1 | Cycling |
| | Cycling | 8:15a | 9:00a | Laurie | Upstairs Studio 1 | Cycling |
| | Strength | 9:00a | 9:45a | Terri/Alternating | Wellness Center Studio | Strength |
| | Yoga | 9:30a | 10:30a | Laurie | Upstairs Studio 1 | Mind & Body |
| | Zumba Gold™ | 10:00a | 10:45a | Karen T. | Wellness Center Studio | AOA Dance |
| | Zumba™ | 10:50a | 11:50a | Tiffany | Wellness Center Studio | Dance |
| | Intervals | 12:00p | 12:45p | Tiffany | Wellness Center Studio | Cardio |
| | BODYFLOW® 4:30p | 4:30p | 5:15p | Molly | Upstairs Studio 1 | Mind & Body |
| | Cycling | 5:30p | 6:30p | Liz/Amy | Upstairs Studio 1 | Cycling |
| | BODYFLOW® 7:00p | 7:00p | 8:00p | Casey | Upstairs Studio 1 | Mind & Body |
| FRI | Zumba Toning™ | 9:00a | 9:40a | Karen T. | Wellness Center Studio | Dance |
| | BODYFLOW® 9:10a | 9:10a | 10:10a | Terri/Alternating | Upstairs Studio 1 | Mind & Body |
| | Zumba™ | 9:45a | 10:30a | Karen T. | Wellness Center Studio | Dance |
| | SilverSneakers® Classic | 10:45a | 11:30a | Staci | Wellness Center Studio | AOA |
| | Zumba™ | 5:30p | 6:30p | Lisa | Wellness Center Studio | Dance |
| SAT | Cycling | 8:00a | 8:45a | Casey | Upstairs Studio 1 | Cycling |
| | Strength | 9:00a | 9:45a | Casey | Wellness Center Studio | Strength |
| | Zumba™ | 10:00a | 11:00a | Melanie | Wellness Center 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 • Cardio Boxing • Cycling & Strength

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™ • BODYFLOW®

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

Dance Fitness • 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.