



SPRING 2017 Morning Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	Yoga Carollana RM-#3	Yoga Carollana RM-#3	Yoga Carollana RM-#3	Pilates Yoga Carollana RM-#3	Yoga Carollana RM-#3
9:00 AM	Circuit Breaker RM#1 Karlton ZUMBA Aqua Zumba Whitney Pool	Cardio BLAST RM#1 Tony Aqua Fitness Joane Pool	Circuit Breaker RM#1 Karlton Aqua Fitness Joane Pool	Aqua Fitness Joane Pool	Circuit Breaker RM#1 Karlton ZUMBA Aqua Zumba Whitney Pool
10:00 AM	Total Body Heather RM# 1 ZUMBA Katie RM #2	ZUMBA Jonathon RM #2 H.I.I.T SPIN (30Mins) Carollana SPIN Room	Total Body Deanne RM #1 ZUMBA Katie RM #2 H.I.I.T SPIN (30Mins) Diane SPIN Room	ZUMBA Challenge Whitney RM #2	Total Body Deanne RM #1 ZUMBA Esthela RM #2
10:30 AM		SilverSneakers Donna RM #1		SilverSneakers Heather RM #1	
11:00 AM	Simple Stretch (45Mins) Alisha RM-#3	YOGA Flow Diedre RM-#3	Simple Stretch (45Mins) Deanne RM# 1		Simple Stretch (45Mins) Deanne RM# 1 H.I.I.T. (30 Mins) Heather Rm#2
11:30 AM	Tai Chi For Balance Donna Rm#2	SilverSneakers Yoga Stretch (30 Mins) Donna RM #1	Tai Chi For Balance Donna Rm#2	SilverSneakers Yoga Stretch (30 Mins) Heather RM #1	Ab Blast (15 Mins) Heather Rm#2
12:00 PM	MID Day Boot camp RM #2 Summer 2017	MID Day Boot camp RM #2 Summer 2017	ZUMBA GOLD at NOON Whitney RM# 1	MID Day Boot camp RM #2 Summer 2017	MID Day Boot camp RM #2 Summer 2017

CARDIO, TONING, & STRENGTH

AB BLAST (Connie & Heather) 15 minute class focusing on strengthening abdominal and lateral flexors, back extensors, and core stabilizer to improve torso appearance and function.

Cardio BLAST (Tony / Heather) Three 20 minute segments of low and high impact aerobics, step drills, and endurance exercises.

Circuit Breaker (Karlton) This intense total body workout combines aerobic and strength training segments. Focus is on balance, stability, agility, speed, and strength. It's a great workout and you never know what will come next.

Cardio and Core Fitness (Connie) This dance cardio workout combines low and high impact aerobic exercises with athletic moves and dance steps to energizing and foot-stomping music.

Cardio Kick Boxing (Heather) This class blends elements of kickboxing, athletic conditionings drills, and flexibility training for a head -to-toe full body workout. This class will help you reduce stress, add muscle tone.

HIIT=High Intensity interval Training (Heather) Get your heart pumping and fire up your metabolism with short, intense bursts of exercise followed by a recovery period.

Karlton's Class Train like an athlete in this advanced, rigorous conditioning class. Training includes resistance, aerobic, ply metrics, agility, speed, and core strengthening exercises.

Mid Day Boot Camp -(Staff Rotation) This camp focuses on weight loss, teaching participants *HOW* to carve out time for regular exercise and get measurable results.

Muscle-Up Fitness (Karlton) This strength training class will consist of a combination of free weights along with the use of medicine ball & core strengthening.

Total Body (Deanne, Heather) This resistance exercise class strengthens your entire body. Free weight exercises, squats, presses, lifts, and curls challenge all major muscle groups.

the **Y** **SPRING 2017 Evening Schedule**

MIND BODY SPIRIT CLASSES

Barre Core Fitness- (Carollana) This special fusion class includes ballet barre fitness; free weights and yoga that will help you harmonize your body and mind in your exercise that brings joy to movement.

Mid Day Boot Camp - (Staff Rotation) This camp focuses on weight loss, teaching participants *HOW* to carve out time for regular exercise and get measurable results.

Pilates -Yoga (Carollana) Yoga poses are connected in a sequence with the breath to increase strength and flexibility and improve balance and coordination. Stress relief and relaxation are also for a complete practice.

PiYO (Laurel)- PiYo is a high intensity low impact workout that provides the benefits of Pilates and yoga combined.

Silver Sneakers Muscular Strength & Full Range of Motion Have fun and move to the music through a variety of exercises designed to increase muscular strength, full range of motion, and activities for daily living skills.
















Silver Sneakers Yoga Stretch (Donna, Heather & Whitney) This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Simple Stretch (Deanne, Alisha) A 45 minute class focusing on increasing flexibility in. Class will also include relaxation. Suitable for all levels.

Tai Chi for Balance (Donna) Classes utilize evidence based programs that have positive impact on chronic musculoskeletal pain, dementia, falls and related risks.

Yoga-Restorative (Carollana, Manisha) Conscious mindful breathing is an essential aspect of the exercises. We begin with loosening exercises followed by various "Asanas" or body postures and, ends with relaxation.

Water Aerobics (Joane,) Regardless of your fitness level, you will get a great workout in our pool. Our instructors offer modifications to increase or decrease the difficulty of the movement.

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30 PM	Muscle-up Fitness  Karlton RM #1	Pilates Yoga Carollana RM- #3	Kick Boxing Heather RM #1	Muscle-up Fitness  Karlton RM #1		
6:00 PM		 All Terrain SPIN Room Diane	 All Terrain SPIN Room Ryan	 All Terrain SPIN Room Diane	 Connie RM#1	Lift/Spin YOGA Carollana RM- #3
6:30 PM	 Connie RM #1	 Whitney RM #1	 Jonathon RM #1	 Katie RM #1	BALLROOM DANCE WORKSHOP TBA	\$ LBM Boot Camp Joseph RM #2
7:00 PM	\$ LBM Boot Camp Joseph RM #2	Restorative YOGA Carollana RM- #3		Barre/Core/Yoga  Carollana RM- #3	AB Blast Connie 15Mins Rm#1	\$ LBM Boot Camp Joseph RM #2
Saturday Classes	 All Terrain 10-11am SPIN Room Rotation	 Tatiana 10 :00 AM RM #1	 *11:30-1PM Rotation RM #1		SUNDAY  Workout Laurel RM #1 1-2PM	