

# LAKEVIEW FITNESS SCHEDULE



August 20 - December 21, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:50 am TBC Anne	5:35-6:30 am F.I.T. Jaclyn	6:00-6:50 am Body Pump Exp. Jaclyn	5:35-6:30 am F.I.T. Jaclyn	6:00-6:50 am TBC Anne	7:00-7:50 am Cycle Jaclyn
7:00-7:50 am Pilates Plus Anne	7:30-8:30 am Water Aerobics Nancy	7:00-7:50 am Pilates Plus Anne	7:00-7:50 am TRX Circuit Nicole (NEW!)	7:00-7:50 am Pilates Plus Anne	8:00-8:50 am ZUMBA Anne
*8:00-8:50 am Interval Training Anne	*8:30-9:25 am Power Yoga Amanda	*8:00-8:50 am Step Interval Anne	7:30-8:30 am Water Aerobics Nancy	*8:00-8:50 am ZUMBA Anne	*9:00-9:55 Step Interval Lauren/Anne
*8:00-8:50 am Water Aerobics Marian	*9:30-10:10 am Power Step Felicia	*8:00-8:55 am Water Aerobics Nancy	*8:15-8:55 am Kickboxing Amanda	*8:00-8:55 am Aqua Combat Sidney (8/24/18)	*10:00-11:05 am Body Pump Brittney
*9:00-9:55 am Water Aerobics Amanda	*10:15-11:00 am Muscle Works Felicia	*9:00-9:55 am Water Aerobics Nancy	*9:00-9:55 am Cycle Felicia	*9:00-9:55 H.I.I.T. H2O Amanda	*11:15-12:15 pm Hatha Yoga Shannon
*9:00-9:55 am Strength & Balance Dale	*11:05-12:00 pm Hatha Yoga Beth	*9:00-9:55 am Training Strong Maureen	*10:05-10:55 am Muscle Works Felicia	*9:00-9:45 am Body Shred Lauren	
*10:00-10:55 am Training Strong Maureen	*12:05-1:10 pm Body Pump Maria	*10:00-10:55 am ZUMBA Steve	*11:00-11:55 am Hatha Yoga Holly	*10:00-10:55 am Happy Hour Felicia	*8:45-9:25 am Metabolic Total Body Megan
*11:00-11:55 am Hatha Yoga Jenay	*4:50-5:30 pm Body Shred Lauren	*11:15-12:10 pm PiYo Amanda	*12:05-12:55 pm Body Pump Exp. Lacy	*11:00-11:55 am Vinyasa Yoga Maria	*9:00-9:55 H.I.I.T. H2O Amanda
*12:00-12:55 pm Cycle Felicia	*5:35-6:30 pm ZUMBA Kay	*4:30-5:20 pm Hatha Yoga Don	*4:30-5:20 pm Core & More Lauren (NEW!)	*12:00-1:05 pm Body Pump Maria	*9:30-10:25 am Turbo Kick Megan
4:25-5:30 pm Body Pump Lacy	*6:35-7:25 pm Pilates Power Jenay (NEW!)	*5:25-6:15 pm Cycle Alana	*5:35-6:30 pm ZUMBA Kay	4:45-5:30 pm Barre/Pilates Fusion Alana	*10:30-11:35 am Body Pump Megan
*5:35-6:30 pm ZUMBA Kay		*6:25-7:30 pm Body Pump Megan/Lacy	*6:35-7:35 pm Body Pump Brittney	5:35-6:25 pm Candlelight Yoga Alana	*11:45-12:40 pm Hatha Yoga Steve
6:35-7:50 pm Hatha Yoga Ralph					

## SULLIVAN COMMUNITY CENTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:55 am Barre & Tone Lori	8:00-8:50 am Functional Fitness Anne	8:00-8:50 am Strength & Balance Dale	8:00-8:50 am Functional Fitness Anne	10:00-10:55 am Strength & Balance Dale
10:00-10:55 am ZUMBA Gold Lori (NEW!)	9:00-9:50 am ZUMBA Anne	9:00-9:50 am Muscle Works Lori/Lauren	9:00-9:40 am Pilates Plus Anne	
	10:00-11:00 am Chair Yoga Jeff		9:45-10:30 am ZUMBA Anne	



### Color Key

- Group Exercise
- Water Aerobics
- Low Impact
- Yoga
- High Intensity

**\*Babysitting available for the durations of this class**

Please note that classes are subject to change at any time without notice. Classes are on a first come first served basis.

# CLASS DESCRIPTIONS

## CARDIO:

**Barre & Tone:** A total body workout that lifts your seat, tones your thighs and burns fat in record-breaking time. (Low impact)

**Cycle:** Come enjoy this high energy class set to motivating music to really get you going. Be sure to arrive early to set up your bike.

**Power Step/Step Interval:** All of the cardio benefits with minimal impact!

**Turbo Kick:** The ultimate cardiovascular challenge. A unique blend of intense intervals, strength & endurance training. No equipment necessary.

**Water Aerobics/H.I.I.T. H2O:** Medium-low impact class to improve cardio endurance and enhance body tone. H.I.I.T. H2O also includes work with dumbbells on Sundays!  
Basic swim skills required for all water classes!

**ZUMBA:** Dance your way to a fitter you. This class incorporates unique Latin rhythms with calorie burning dance movements

**ZUMBA Gold:** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

## STRENGTH:

**Body Pump:** Endurance weight lifting set to the timing of music. Each muscle group will be worked to fatigue to promote full body toning!

**Muscle Works:** All body muscle conditioning class that will add strength utilizing barbells, free weights, and body weight movements.

## STRENGTH/CARDIO MIX:

**Aqua Combat:** Join us for this powerful union of martial arts and water exercise! In this fast-moving, total-body cardio workout, you will utilize a variety of handheld equipment and water resistance to kick and punch your way to a new level of fitness, while building strength, endurance, balance and flexibility

**F.I.T. (Fast Intense Training):** Challenge yourself beyond traditional training with this high intensity, functional workout.

Workloads can be modified or scaled in intensity and weight.

**Functional Fitness:** Light to moderate class that works on slowly improving overall flexibility, balance, cardio endurance and muscle tone. Progressive flexibility allows for full range of motion which enhances daily living. Activities are low impact.

**Happy Hour:** Start your weekend right! This fresh and creative class will vary weekly and will focus on cardio and strength intervals. Have some fun while blasting fat that will continue to burn long after the workout is over. Modifications will always be shown.

**Interval Training:** This class combines cardio and muscle toning all in one high/low workout.

**Strength & Balance:** Non-aerobic, low impact class that will improve muscular strength, endurance, flexibility and balance.

**Kickboxing:** Prechoreographed kickboxing movements set to the beat of the music! This class will get your heart beating and build some lean muscle and a strong core!

**Metabolic Total Body:** This metabolic training workout will touch all muscle groups while also getting cardio benefits through elevated heart rate and compound movement

**Total Body Conditioning:** An all encompassing workout designed to produce total body results. This fast moving work out conditions your cardiovascular system and nearly every muscle group in your body.

**Training Strong:** It's got intervals, and circuits and burpees galore! This is a high intensity strength and cardio class, but can be modified based on ability levels.

**TRX Circuit:** Suspension Training, bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

## MIND/BODY:

**Chair Yoga:** Yoga with the assistance of a chair. Perfect for those who may have a harder time with floor poses but all the great benefits of yoga!

**Core and More:** 20 minutes of core work, 20 minutes of strength and balance.

**Hatha Yoga:** Basic yoga poses that are held for longer periods of time to increase flexibility and/or build muscle/bone strength.

**Pilates Plus:** This class is specifically designed to increase core strength, balance and flexibility.

**PIYo:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a fat-burning, low-impact workout leaving your body looking long, lean, and defined.

**Power Pilates:** Designed to improve flexibility, muscle tone, body balance, spinal support, low back health. Emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance.

**Power Yoga:** a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga. Though many consider it to be "gym yoga," this style of practice was originally closely modeled on the Ashtanga method.

**Vinyasa Yoga:** Practice of yoga poses that flow through Vinyasa sequences.