

LAKEVIEW FITNESS SCHEDULE



January 7-March 22

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
7:00-7:45 am Hatha Yoga Beth (NEW!)	7:00-7:50 am TRX Circuit Nicole (NEW!)	7:00-7:50 am Pilates Plus Anne	7:30-8:30 am Water Aerobics Brooke (NEW!)	7:00-7:50 am Pilates Plus Anne	8:00-8:50 am ZUMBA Anne
*8:00-8:50 am Interval Training Anne	7:30-8:30 am Water Aerobics Brooke (NEW!)	*8:00-8:50 am Step Interval Anne	*8:15-8:55 am Step Interval Lauren (NEW!)	*8:00-8:50 am ZUMBA Anne	*9:00-9:55 Step Interval Lauren/Anne
*8:00-8:50 am Aqua Yoga Marian (NEW!)	*8:30-9:25 am Power Yoga Amanda	*8:00-8:55 am H.I.I.T. H2O Amanda	*9:00-9:55 am Cycle Felicia	*8:00-8:55 am Aqua Combat Sidney	*10:00-11:05 am Body Pump Liz
*9:00-9:55 am Water Aerobics Amanda	*9:30-10:10 am Power Step Felicia	*9:00-9:55 am Aqua Combat Sidney	*10:05-10:55 am Muscle Works 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	*10:15-11:00 am Muscle Works Felicia	*9:00-9:55 am Training Strong Maureen	*11:00-12:05 pm Hatha Yoga Holly	*9:00-9:50 am Body Shred Lauren	
*10:00-10:55 am Training Strong Maureen	*11:05-12:00 pm Hatha Yoga Beth	*10:00-10:55 am Plus Size Yoga Lisa (NEW!)	*4:30-5:30 pm P90X Lacy (NEW!)	*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	*12:05-1:10 pm Body Pump Maria	*11:15-12:00 pm ZUMBA Gold Anne (NEW!)	*5:35-6:30 pm ZUMBA Kay	*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	*4:50-5:30 pm Body Shred Lauren	*4:30-5:20 pm Hatha Yoga Don	*6:35-7:35 pm Body Pump Brittney	*12:00-1:05 pm Body Pump Maria	*9:30-10:25 am Turbo Kick Megan
4:25-5:30 pm Body Pump Lacy	*5:35-6:30 pm ZUMBA Kay	*5:25-6:15 pm Cycle Alana		4:45-5:30 pm Training Strong Maureen (NEW!)	*10:30-11:35 am Body Pump Megan
*5:35-6:30 pm ZUMBA Kay	*6:35-7:25 pm Pilates Power Jenay	*6:25-7:30 pm Body Pump Liz		5:35-6:25 pm Candlelight Yoga Alana	*11:45-12:40 pm Chair Yoga Jeff (NEW!)
*6:35-7:35 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	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:

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

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:

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.

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

P90X: An intense mix of cardio and strength, this class has it all! Circuits are broken down by cardio, lower body, upper body, and core. Circuits are time based so everybody works at their own pace and set their own intensity.

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: Trainer led class focused on building muscle and increasing strength. Circuits are designed to provide a total body workout which can also increase calorie burn. Maureen will give individual guidance on form and technique when necessary to help maximize the workout's effectiveness and safety. Can use your MyZone strap to adjust intensity and determine rest periods. Ask front desk for details about MyZone if interested.

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

MIND/BODY:

Aqua Yoga: Classes will start with 30 minutes of classic water aerobics to thoroughly warm the muscles, and the remaining time in the class will be yoga poses in the shallow end of the pool.

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!

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.

Plus Size Yoga: Props and tools are used to modify classical positions for those in a larger body to experience yoga. Each sequence designed to release discomfort and avoid injury, beginners are welcome. Repeating this class will improve daily mobility and stability. A judgement free space, yoga is for everyBODY.

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.