



# Lakeview Fitness Schedule

June 3 - September 1

## SULLIVAN COMMUNITY CENTER SCHEDULE

| <b>Monday</b>                                   | <b>Tuesday</b>                              | <b>Wednesday</b>                                      | <b>Thursday</b>                                   | <b>Friday</b>   |
|---|---|---|---|---|
| 9:00-9:55 am<br><b>Barre &amp; Tone</b><br>Lori | 9:00-9:55 am<br><b>Chair Yoga</b><br>Jeff   | 8:00-8:50 am<br><b>Strength &amp; Balance</b><br>Dale | 8:00-8:50 am<br><b>Functional Fitness</b><br>Anne | 10:00-10:55 am<br><b>Strength &amp; Balance</b><br>Dale |
|   | 10:00-11:00 am<br><b>Chair Yoga</b><br>Jeff | 9:00-9:50 am<br><b>Muscle Works</b><br>Lori/Laureen   | 9:00-9:40 am<br><b>Pilates Plus</b><br>Anne       |   |
|   |   |   | 9:45-10:30 am<br><b>ZUMBA</b><br>Anne             | Group Ex  |
|   |   |   |   | Water Aerobics  |

\*Babysitting available for the duration of this class

## Color Key

## Group Exercise

## Water Aerobics

## Low Impact

Yoga

## High Intensity

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

Thursday 8:15 Step will be a beginner class for the date range of 6/6-6/27. Outside of those dates will be Step Interval

# 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:

**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.

## 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!

**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.

**Pilates Power:** 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.