

STAFIT

GX

Classes Marked with * are located in the Cycle Studio. Classes with (Z) offered via Zoom meeting code 779-511-4621. Classes with a GM are offered via google meet.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am		Body Pump - Jill P	Cycle* - Marsha	Body Pump Jill P	Cycle* Amy	Body Pump Lynn	
7:30 am							Rotation Marsha
8:00 am			Body Pump Melissa			Silver Sneakers Becky	
8:30am		Body Balance Lori Cycle* Jill D		Body Balance Lori	Body Pump Trish		8:15 Body Pump Marsha
8:30 or 9:00 am Pool		9:00 SS Aqua Becky	8:30 SS Aqua Becky	8:30 SS Aqua Becky		9:00 SS Aqua Becky	
9:00 am			SS Yoga Janet		SS Yoga*Janet		
9:30 am 9:45 am **		Body Pump- Jill 9:30		Body Strength*Janet Sil Sneakers Becky**	SS Cardio Dance Becky		
10:00/10:35 am			Silver Sneakers Becky	10:35 SS Yoga Becky		SS Yoga Janet	
11:35 am		Silver Sneakers Sally					
4:00/4:30 pm 4:45 pm GRIT only	Body Pump 4:00 Jennifer	Body Strength-Amy LM Grit* Marsha	Barre - Amy*	Yoga- Amy* LM (GM) Grit Marj	Cycle* - Marj		
5:30pm		Body Pump Marsha Cycle* Amy	Zumba - LaNeen Body Pump (GM)* - Marj	Body Pump Marsha Core (GM)* - Marj*	Body Balance *-Marsha Body Strength -(GM) Marj		
5:30 pm Pool		Master Swim Beth					

GROUP
FITNESS CLASS
DESCRIPTIONS

- **BODYPUMP™**--The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast!Using light to moderate weights with lots of repetitions.
- **LES MILLS GRIT™ Cardio** is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.
- **CYCLE 360** - A high energy form focused cycle class open to beginner or avid cyclists. You will get an amazing interval cardio workout while strengthening your glutes, hams, and more! During the workout you will grab some hand weights for a total body workout.
- **SPIN** - The same great workout as cycle 360 but you will remain on the bike the entire time
- **Butts and Guts** is a special focus class just for your lower body! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular. By combining elements of Pilates, strength training, stability ball, resistance bands and more, this class is sure to get those ab and tush muscles firmed up and well toned. Designed for all fitness levels
- **SilverSneakers** - focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
- **SilverSneakers Splash** - provides a fun environment using a splash-board to increase movement and intensity options during shallow-water exercises. This class is suitable for all skill levels, and even safe for those who don't swim.
- **Zumba** - Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness
- **Latin Dance** - Get ready for an interval style dance party. You will burn a lot of calories using Latin inspired dance moves. It is so much fun you will forget you are exercising.
- **Master Swim - Masters** is designed for those who swim with the benefit of individual coaching. Each workout is designed to be fun and exciting as well as improve your technique.