



GROUP EXERCISE *SEPTEMBER 2017*

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					5:15 C KEITH (up) 6:00 TBC KEITH(up) 8:00 Y STEPHANIE 9:15 LBS PAM 11:15 SS NANCY	8:00 C SUZANNE(up)** 9:00 Z CHRISTINA 10:00 SZ KATELYN
3	4 Have a Safe and Happy Labor Day	5 9:00 Z DANIELLE 10:00 Y STEPHANIE 11:15 LD DIXIE 4:15 Z KATELYN 5:15 Y STEPHANIE(up) 5:30 BC FRANK 6:30 Z CHRISTINA 6:30 C SUZANNE(UP)	6 6:00 HCC KEITH(up) 9:00 TBC PAM 10:15 M&G NANCY 11:15 SS DIXIE 4:15 Y STEPHANIE 5:30 SZ KATELYN 6:30 SP STEVE	7 9:00 C PAM (up) 10:15 BLD NANCY 11:15 SSY NANCY 4:15 Z DANIELLE 5:15 Y STEPHANIE (up) 5:30 BC/S STACEY 6:30 Z SUZANNE 6:30 C JENNY (up) 7:45 WSD QUENTIN	8 5:15 C BETH (up) 6:00 TBC SAMANTHA 8:00 Y STEPHANIE 9:15 CH NANCY 11:15 SS NANCY	9 8:00 C JENNY(up)** 9:00 Z KATELYN 10:00 BC KEITH PH&FC 20 Year Anniversary A day of Celebration!
10	11 5:15 C JENNY (up) 6:00 TBC SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH SAMANTHA 5:30 SZ KATELYN 6:30 CH STACEY 7:45 DU CHELSEA	12 9:00 Z NANCY 10:00 Y HANNAH 11:15 LD DIXIE 4:15 Z DANIELLE 5:15 Y NO CLASS (up) 5:30 BC FRANK 6:30 Z KATELYN 6:30 C CRYSTAL (up)	13 6:00 HCC NANCY(up) 9:00 TBC PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 Y STEPHANIE 5:30 SZ KATELYN 6:30 SP STEVE	14 9:00 C NANCY (up) 10:15 BLD TRACY 11:15 SSY NANCY 4:15 Z KATELYN 5:15 Y HANNAH (up) 5:30 BC/S STACEY 6:30 Z CHRISTINA 6:30 C STACEY (up) 7:45 WSD QUENTIN	15 5:15 C BETH (up) 6:00 TBC SAMANTHA 8:00 Y STEPHANIE 9:15 CH PAM 11:15 SS NANCY	16 8:00 C CRYSTAL(UP) 9:00 Z DANIELLE 10:00 TBC CRYSTAL(up)
17	18 5:15 C JENNY (up) 6:00 TBC SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 SZ KATELYN 6:30 CH TIFFANY 7:45 DU CHELSEA	19 9:00 Z NANCY 10:00 Y JENNIFER 11:15 LD TRACY 4:15 Z KATELYN 5:15 Y JENNIFER 5:30 BC FRANK 6:30 Z DANIELLE 6:30 C SUZANNE (up)	20 6:00 HCC KEITH (up) 9:00 TBC PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 Y HANNAH 5:30 SZ KATELYN 6:30 SP STEVE	21 6:00 AMS NANCY 9:00 C PAM (up) 10:15 BLD NANCY 11:15 SSY DIXIE 4:15 Z SUZANNE 5:15 Y HANNAH(up) 5:30 BC/S STACEY 6:30 Z CHRISTINA 6:30 C JENNY(up)	22 5:15 C CRYSTAL (up) 6:00 TBC CRYSTAL 8:00 Y JENNIFER 9:15 CH NANCY 11:15 SS TRACY	23 8:00 C JENNY (up) 9:00 Z CHRISTINA 10:00 SZ KATELYN
24	25 5:15 C JENNY (up) 6:00 TBC SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 SZ KATELYN 6:30 CH KEITH 7:45 DU CHELSEA	26 9:00 Z DANIELLE 10:00 Y HANNAH 11:15 LD DIXIE 4:15 Z NANCY 5:15 Y STEPHANIE(up) 5:30 BC STACEY 6:30 Z CHRISTINA 6:30 C SUZANNE (up)	27 6:00 HCC KEITH (up) 9:00 TBC NANCY 10:15 M&G TRACY 11:15 SS DIXIE 4:15 Y STEPHANIE 5:30 SZ KATELYN 6:30 SP STEVE	28 6:00 AMS NANCY 9:00 C NANCY(UP) 10:15 BLD TRACY 11:15 SSY DIXIE 4:15 Z CHRISTINA 5:15 Y HANNAH (up) 5:30 BC/S FRANK 6:30 Z KATELYN 6:30 C CRYSTAL(up)	29 5:15 C JENNY (up) 6:00 TBC CRYSTAL 8:00 Y STEPHANIE 9:15 CH PAM 11:15 SS NANCY	30 8:00 C SUZANNE(up) 9:00 Z DANIELLE 10:00 BC FRANK
	Welcome Cycle Instructor Beth Fields	Add some strength training to your workout. Body Chisel Monday 9 am, 4:15 & 6:30pm Friday 9:00 AM	BY REQUEST Strong Will be offered on Monday & Wednesday AT 5:30 PM	Women's Self Defense Class Thu 7:45 pm Aug 24 - Sept 14 Members FREE Non-Members \$20.00	NEW CLASS A.M. Stretch Thursday 6:00 AM With Nancy First Class 9/21/17	Barre Class Will return in October

CLASS KEY: (For class descriptions, please see reverse side)

- AMS: AM Stretch Class
- BC: Les Mills BodyCombat
- BLD: Beginning Line Dancing
- BC/S: Body Combat/Strength
- C: Cycle
- DU: Dance Unlimited
- HCC: Hard Core Cycle
- LBS: Lower Body Sculpting
- LD: Line Dancing
- M&G: Move & Groove
- SP: Spartan
- SS: Silver Sneakers
- SSY: Silver Sneakers Yoga
- SZ: STRONG by Zumba
- TBC: Total Body Challenge
- WSD: Women's Self Defense
- Y: Yoga
- Z: Zumba
- ZT: Zumba Toning

** (up) Denotes classes taught in the upstairs Cycle/Yoga Studio.



CLASS DESCRIPTIONS

CLASS KEY NAME & DESCRIPTION

AMS	AM Stretch: AM Stretch is a total body stretching class which includes all major and minor muscle groups, designed to improve overall flexibility and balance. You can expect gentle stretching to enhance a greater range of motion.
BC	Les Mills BodyCombat: This fiercely energetic workout is inspired by martial arts. You will strike, punch, kick and kata your way through calories to superior cardio fitness.
BC/S	Les Mills Body/Combat/Strength: This will be BodyCombat with strength training added.
C	Cycling: An indoor cycling class consisting of varying speeds, resistance levels and intensities or a fun, energetic, athletic ride. You will ride through slow climbs, sprints and recovery for a time-efficient, high-calorie-burning cardio workout. Set your own pace. Everyone starts and finishes together.
CH	Chisel: This one-hour, resistance training class is designed to sculpt and tone all of the major muscle groups using a variety of equipment.
HCC	Hard Core Cycle: This class will kick your ride workout up a notch by incorporating weight workouts into the mix, maximizing caloric burn.
LBS	Lower Body Sculpting: Target those glutes, thighs and abs in this class designed to sculpt the lower body.
LD	Line Dancing: A choreographed dance with a repeated sequence of steps in which you dance in lines or rows as a group, all facing each other or moving in the same direction.
M&G	Move & Groove: Experience the joy of dancing to music while improving your fitness level.
SP	Spartan: This body-weight-focused workout is conducted in a group setting. In an SGX class, you bend, crawl, carry, hang, jump, lift, pull, run, sprint and squat. This class will meet outside.
SS	Silver Sneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available for support, stretching and relaxation.
SSY	Silver Sneakers Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. This class offers balance, flexibility and relaxation exercises.
SZ	STRONG by Zumba: Combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that will push you past your perceived limits to reach your most ambitious fitness goals faster. The music in STRONG was crafted to drive the intensity of the class in a challenging progression that provides a total body workout.
TBC	Total Body Challenge: Burn fat and tone your muscles with this blend of cardio and strength training, using a variety of equipment, such as steps, resistance bands, hand weights and medicine balls, to achieve a strong, sleek body.
Y	Yoga: Relax, strengthen and soothe the body and mind, while focusing on elongation, alignment and breathing. Our yoga classes are beginner friendly, yet challenging for those with yoga experience.
Z	Zumba: Exciting Latin moves and rhythms are combined with hip-hop and international music to make a workout that is fun every time. JOIN THE PARTY for a calorie torching, high-energy cardio dance workout!
ZT	Zumba Toning: This class is for those who want to party with an extra emphasis on toning. The challenge of using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups so you and your muscles stay engaged.