

# GROUP FITNESS CLASSES

SUMMER SCHEDULE - JUNE 27 - SEPTEMBER 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00 - 8:45am <b>Power 45</b> Hybrid Brigitte
	9:15 - 10:00am <b>July: Cardio Combo</b> <b>August: Step &amp; Pump</b> In Person Brigitte/Keri	9:15 - 10:00am <b>Total Body Toning</b> Hybrid Terri	9:15 - 10:15am <b>Yoga</b> Hybrid Maria		<b>Step &amp; Pump</b> July: 9:30 - 10:30 a.m. August: 9-10:00 a.m. In-person Shari/Keri
	12:10 - 12:55pm <b>Barre Fitness</b> Hybrid Brigitte	12:10 - 12:55pm <b>Outdoor Yoga</b> <small>*indoors if raining</small> In Person Maria	12:10 - 12:55pm <b>Core &amp; More</b> Hybrid Brigitte	12:10 - 12:55pm <b>Yoga</b> Hybrid Ocean	
5:00 - 5:45pm <b>Power 45</b> Hybrid Brigitte	5:00 - 5:45pm <b>Tabata Fit</b> Hybrid Brigitte	5:30 - 6:15pm <b>Total Body 45</b> Hybrid Shari	5:00 - 5:45pm <b>Power 45</b> Hybrid Brigitte		

## CLASS OFFERINGS:



WHITE indicates: Hybrid class with virtual and in-person options



BLUE indicates: In Person Only class

## IN-PERSON, VIRTUAL & HYBRID OPTIONS

**BARRE FITNESS:** A unique class combining ballet-inspired moves with elements of pilates, dance, yoga & strength training. Classes incorporate standing & mat work using classic dance moves and static stretches. Barre also focuses on high reps of small range movements. Done in bare feet using a chair & minimal equipment. For all skill levels.

**CORE & MORE:** Abs & back are only the beginning. Core & More gives you a total body workout! Using balls, foam rollers and more creates a challenging & fun class. With dimmed lights and gentle music both your mind and body will thank you!

**POWER 45:** Combining full-body strength training moves with high intensity cardio bursts designed to tone muscles, improve your endurance and enhance your overall well-being. Burn more fat/calories in less time! Suitable for all age-groups.

**STEP'N PUMP:** Rock your cardio and challenge your brain with basic step aerobics. Then target muscle strength and endurance with safe & effective weight training. Use of dumbbells, stability balls & other resistance tools will make this feel like a total body challenge!

**TABATA FIT:** Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals and is done in 30 minutes. Not recommended for beginners.

**TOTAL BODY 45:** A high intensity interval training (HIIT) class, alternating between short periods of strength and cardio exercises. This class works the whole body and is exciting, fun and quick to do. Increase your fitness level, build lean muscle, burn calories, and increase energy.

**TOTAL BODY TONING:** Why? Because getting stronger can make you feel healthier and more confident. Every class will include a variety of muscle groups and equipment such as resistance bands, balls, dumbbells or just body weight. You'll work up a sweat and burn calories. Suitable for everyone!

**YOGA:** A must-do class that combines different Yoga styles and will improve your strength, flexibility, balance and peace of mind. The perfect break in your day to leave you calm and refreshed. Suitable for all levels.

**Schedule is subject to change based on low participation and instructor availability.**