

Fall/Winter Group Exercise Program Schedule				
Mon.	Tues.	Wed.	Thurs.	Fri.
8:00-8:50am PowerYoga/Core Brandi/Sara	8:30-9:00am Barre Burn Debbie	6:15-7am Group Interval Training (Starts Oct. 21 st) Sheri	8:30-9:00am Barre Burn Debbie	6:15-7am Group Interval Training Sheri (Starts Oct. 21 st) 8:00-8:50am PowerYoga/Core Brandi/Sara
9am Power Circuit Instructor Rotation	9am Cardio KickBox Debbie	9am Power Circuit Debbie	9am Cardio kickBox Debbie	9am Power Circuit Brandi/Kevin
10am Senior Fitness Chelsey	10am AquaFit Chelsey	10am Senior Fitness Debbie	10am AquaFit Chelsey	10am Senior Fitness Brandi
5:30pm Power Circuit Brandi Zumba 6:15-7:15pm (Andrea/Carrie)	5:15pm Barre Burn w/ Weights Mandy	5:30pm Power Circuit Brandi Zumba 6:15-7:15pm (Andrea/Carrie)	5:30pm Cardio KickBox Angel	

Power Circuit: 45 min. Different exercises (body weight, free weights, and core work). You will complete 3 rounds of each exercise for 45 sec. A break is in between each round.

Cardio Kickboxing: 1 hour. A fun, action-packed workout that combines martial arts, boxing and dance moves. You get a challenging cardiovascular and full body workout as you kick, punch, block and move, ending with abdominal and light stretching.

Senior Fitness: 1 hour. Mon/Fri is a “lighter” version of the Power Circuit and Wed. is a lighter version of the Cardio Kickboxing class.

Barre Burn: 30 min. Exercises using the bar to strengthen, tone, and balance the entire body. Toning exercises for the glutes, legs, torso, and arms.

PowerYoga/Core: 30 min. of yoga holding poses & balance w/15 min. of specific core work.

Group Interval Training: is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels.

Zumba: A Latin based dance movement class designed for cardio exercise.