

NOVEMBER CLASS SCHEDULE

MONDAY

**6:15 AM
BOOT CAMP**
(Mark)

TUESDAY

**6:15 AM
TABATA**
(Mark)

**7:15 AM
PILATES**
(Megan)

**5:30 PM
ZUMBA**
(Jamilah)

WEDNESDAY

**6:15 AM
BOOT CAMP**
(Mark)

**12:00 PM
H.I.I.T**
(Staci)

THURSDAY

**6:15 AM
STATION ROTATION**
(Liz)

**11:15 AM
STRENGTH SQUAD**
(Keri)

**12:15 PM
SENIOR STRETCH &
STRENGTH**
(Lynn)

**5:30 PM
ZUMBA**
(Jamilah)

FRIDAY

**6:15 AM
BOOT CAMP**
(Mark)

SATURDAY

**9:15 AM
SPIN**
(Debbie)

**10:15 AM
SENIOR STRENGTH**
(Debbie)

Boot Camp: Boot Camp is our body weight class involving cardio and interval training. A full-body movement class with emphasis on core, stability, and cardio. (45 minutes)

Zumba: Zumba classes consist of a series of dance songs, each with choreographed dance movements that build on each other. The first song offers a slower beat to help you get warmed up, with each successive song building in intensity and challenge, with a few lower-intensity dance series built in for recovery. Zumba feels like a dance party disguised as a workout—which is exactly what people love about it. Zumba is a safe, fun, and effective workout for most people who want to enhance their cardiovascular fitness through dance.

Pilates: A 45-minute Mat Pilates class to emphasize breath, core conditioning, and body awareness. Learn to activate your deep core muscles to build strength, stability, and flexibility. Classes might incorporate small props, such as balls, resistance bands, sliding discs, etc. Core strength is the powerhouse of all movements, so this class is beneficial for all bodies! All levels.

Spin : A spin class involves joining a group of people, jumping on a stationary bike, and cycling indoors. Spinning is an excellent way for many people to exercise together at their own pace and intensity. Come give this Saturday class a try - you'll be hooked!

Tabata: This class offers a quick, intense workout that challenges your body, improves fitness and burns calories. Remember 4 minutes can push you to your limits. (20 second exercise and 10 second rest intervals for 4 minutes)

Station Rotation: Join this high energy class that rotates through a variety of fitness stations to create heart-pumping cardio intervals.

H.I.I.T: High Intensity Interval Training class is a cardio-focused workout that alternates between short, intense bursts of exercise and recovery periods. It includes a variety of exercises that can use equipment like stationary bikes, treadmills, kettlebells, dumbbells, or jump ropes. It can also be done without equipment.

Strength SQUAD: A Strength Training Class for all levels to push oneself to grow stronger, have fun, be challenged, and feel accomplished by end of the workout. All are welcome - come join the Strength Squad!

Senior Stretch and Strength: 50+ individuals looking to gain strength and stability in a safe and controlled manner. We will focus on 30 minutes of stretching at the beginning followed by strength training the last 30 minutes. Many workouts can also be completed while in a chair, with emphasis on form and technique. (60 minutes)