

**GROUP EXERCISE VIRTUAL CLASSES MAY 2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8:30-9:15 Barre Fusion: Betsy	8-8:45 Cardio Kick Box: Pam	8-8:45 Pilates Mat: Sadaf	
9:15-10:15 Zumba: alternating Instructors	9:15-10:15 Cardio & Strength: Lisa	9-10:15 Functional Core & Stretch: Susan	9:30-10:30 Zumba: Loren	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9-10 Zumba: Juli
	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam		10:15-11 Active Aging (Silver Sneakers): Terri	10:15-11:15 Total Body Cond: Sadaf
	5-5:45 Total Body Cond. Xpress: Pam	5-5:45 TABATA Cardio & Strength: Lisa	6-7 Total Body Conditioning: Maria	5-6 Pain Free Yoga-Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather				

**Barre Fusion**

Muscular endurance and strength at the barre (or chair) and on the mat

**Cardio & Strength**

Active movement combined with strength focused muscle conditioning

**Cardio & Strength TABATA Style**

High Intensity Interval Training, segments of cardio & strength training

**Cardio Kick-Box**

Martial Arts focused cardio workout

**Active Aging (Silver Sneakers) Workout**

Age appropriate exercises for cardio, strength, range of movement, and balance

**Total Body Conditioning**

Full body workout for muscular strength and endurance

**Functional Core & Stretch**

60 minutes of core stability exercises using elements of Pilates with 15 minutes of basic stretching

**Zumba™**

Fun and easy to follow Latin / International style Dance!

**Zumba™ Toning**

Zumba dance with light weights (toning sticks)

**Gentle Yoga**

Hatha Yoga combining physical postures with breath awareness

**Core Yoga**

Pilates infused with Hatha Yoga

**Kripalu Yoga**

Breath and movement sequenced for balance, agility and strength

**Posture Yoga**

Functionally based yoga postures with focus on alignment and neuromuscular balance

**Pilates Mat**

An acclaimed exercise program that focuses on the core, which connects strength, flexibility and breath.