

APRIL 2018 SCHEDULE

Group Exercise

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM							
6:00 AM							
7:00 AM						7:15-7:45 Xpress Strength - Beth	7:45-8:45 Hatha Yoga - Nancy B
8:00 AM			8-8:55 Step & Strength - Pam	8-8:50 Barre & Mat - Betsy	8-8:55 Drum-Fit & Conditioning - Pam	8-8:55 Barre Fusion - Beth	
9:00 AM	9-9:55 Zumba - Heather/April	9-10 Total Body Conditioning - Lisa	9-10 Functional Pilates - Susan	9-9:55 Total Body Conditioning - Loren	9-9:55 Zumba - Juli	9-9:55 Zumba Toning - Lisa K	9-9:55 Zumba - Val
10:00 AM	10-10:55 Pilates Mat - Allison	10-10:55 Pain Free Posture Yoga - Alan F	10-10:30 Flexibility Focus - Susan 10:30-11:30 NIA Cardio Dance - Nancy	10-11 Zumba - Loren	10-11 Muscle Challenge - Jess	10:15-10:55 Silver Sneakers BOOM - Terri / Cochi	10-10:55 Total Body Conditioning - Nicole
11:00 AM	11-12PM Yoga - Susan	11-11:45 Silver Sneakers - Lisa	11-11:45 Mobility Impaired - Regine/Michele (held off-site)	11:15-12pm Silver Sneakers - Terri	11-11:45 Mobility Impaired - Regine/Michele (held off-site)	11-12PM Tai Chi - Dave	
4:00 PM			4-4:45 Dance & Barre - Suzanne		4-4:45 Cardio Kick & Tone - Lisa		
5:00 PM		5-5:55 Total Body Conditioning - Nicole	5-5:55 Step & Strength - Jess	5-5:55 Yoga - Allison	5-5:55 Pain Free Posture Yoga - Alan F		
6:00 PM		6-6:55 Yoga Basics - Alan F''	6-7 Zumba - April	6-7 Total Body Conditioning - Maria	6-6:55 Zumba - Heather		
7:00 PM					7-8 Vinyasa Yoga - Julie		

GROUP EXERCISE & CYCLING CLASS DESCRIPTIONS

STRENGTH / CARDIO:

- **TOTAL BODY CONDITIONING:** Total body muscle conditioning using a variety of props such as light weights, bars, tubing, stability balls, etc. Sculpt and define the body, appropriate for all levels
- **MUSCLE CHALLENGE:** A more intense version of Total Body Conditioning
- **ROLL & STRENGTHEN:** Foam rolling for muscle release and flexibility combined with strength training exercises
- **STEP & STRENGTH:** Step aerobics combined with strength focused muscle conditioning exercises
- **ZUMBA:** Fun and easy to follow Latin / International style Dance!
- **NIA CARDIO DANCE:** A blend of martial arts, healing arts and dance arts, using whole body, expressive and grounded movement to deliver a beautiful movement class with cardiovascular conditioning
- **DANCE & BARRE:** A variety of easy to follow cardio dance styles combined with muscular conditioning at the ballet barre
- **BARRE AMPED:** A more challenging combination workout class at the ballet barre
- **CARDIO KICK & TONE:** Kick boxing and strength training exercises
- **BARRE, BALL & BALANCE :** Strengthen, stretch and balance, with functional focus at the barre and on the mat
- **DRUM-FIT:** High energy cardio & conditioning workout with all the fun of drumming using drum sticks and a stability ball!

YOGA / PILATES / MIND BODY:

- **YOGA BASICS:** Hatha Yoga combines physical postures with breath awareness for complete wellness
- **HATHA YOGA:** A gentle style combining physical postures with breath with meditation
- **VINYASA YOGA:** A depth sequencing flow of yoga postures connecting movement and breath
- **PAIN FREE POSTURE YOGA:** A series of stretches and functionally based exercises for posture, alignment and addressing musculoskeletal pain – based on the therapeutic method of Egoscue™ and Feldenkrais™
- **PILATES:** An acclaimed exercise program that focuses on the core, which connects strength, flexibility and breath.
- **FUNCTIONAL PILATES :** Combination of Pilates Method with an alignment and back healthy focus
- **BARRE & MAT:** Core focused Pilates fused with ballet barre exercises
- **TAI CHI:** A series of slow, graceful movements to emphasize posture, balance and mental focus

SILVER SNEAKERS™:

- **CLASSIC:** a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills
- **BOOM:** A 'kicked up' Silver Sneakers workout combining cardio and muscle conditioning with balance work (no chair used)

MOBILITY IMPAIRED CLASSES held at satellite location **BROOKDALE SENIOR CENTER IN WOODBRIDGE:** Designed to give mobility-impaired people of all ages (including those in wheelchairs) the opportunity to engage in muscle conditioning and strength exercises in a safe environment