

GROUP EXERCISE & SPIN OCTOBER 2019 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM				5:45-6:30 Spin - Andy			
6:00 AM		6:45-7:30 Cardio Barre + Core - Sadaf *Begins 9/9				6-6:45 Spin - Deb/Maria *Begins 10/18 6:45-7:30 Body Conditioning Express - Sadaf	
7:00 AM							7:30-8:30 Hatha Yoga - Nancy B
8:00 AM	8-8:45 Spin - Willa	8-8:45 Spin - Lisa	8-8:55 Step & Strength - Pam	8-8:50 Barre & Mat - Betsy	8-8:55 Drum-Fit - Pam	8-8:55 Barre Fusion - Beth	8:30-9:30 Spin + Core-Debra/Maria
9:00 AM	9-10 Spin - Michelle 9-9:55 Zumba - Lisa K/ Heather/Loren	9:15-10 Spin - Dave 9-9:55 Total Body Conditioning - Lisa	9-9:45 Spin - Beth 9-10 Functional Pilates - Susan	9-9:45 Spin - Vicki 9-9:55 Cardio + Conditioning - Loren	9-10 Spin - Beth 9-9:55 Muscle Challenge - Jess	9-9:45 Spin - Willa 9-9:55 Zumba Toning - Lisa K	9-9:55 Zumba - Val
10:00 AM	10-10:55 Pilates Mat - Allison	10-11 Pain Free Posture Yoga - Alan F	10-10:25 Simple Stretch - Susan 10:30-11:30 NIA Yoga Dance - Nancy	10-11 Zumba - Loren	10-10:25 Roll & Recover - Jess 10:30-11:30 Silver Cardio - Drumming Pam	10:15-10:55 Silver Sneakers BOOM - Terri/Suzanne	10-10:45 Spin - Dave 10-10:55 Total Body Conditioning - Nicole
11:00 AM	11-12 Kripalu Yoga - Andrea	11:15-12 Silver Sneakers - Lisa		11:15-12pm Silver Sneakers - Terri		11-12pm Tai Chi - Dave/Terri	
12:00 PM	12:15-1 Yoga Nidra (Guided Meditation) - Allison *Begins 10/13	12:15-1 Silver Sneakers - Suzanne		12:15-1 Silver Sneakers - Tony *Begins 10/23			
4:00 PM			4-4:45 Zumba Gold - Suzanne	5-5:45 Spin - Ollie	3:45-4:30 Teen-Fit - Ali + Joey *Begins 9/19		
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		6-7 Spin + Core - Maria 6-6:55 Yoga Basics - Alan F	6-7 Spin - Michelle 6-7 Zumba - Heather	6-7 Total Body Conditioning - Maria	6-7 Spin + - Susan 6-6:55 Zumba - Juli		
7:00 PM			7-7:30 Strong 30 by Zumba - Ali		7-8 Kirpalu Yoga Flow -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 & RECOVER:** Foam rolling for post workout recovery
- **STEP & STRENGTH:** Step aerobics combined with strength focused muscle conditioning exercises
- **ZUMBA:** Fun and easy to follow Latin / International style Dance!
- **ZUMBA GOLD:** Gentle Zumba Dance using popular music
- **ZUMBA TONING:** Zumba Dance with light weights (toning sticks)
- **STRONG 30 BY ZUMBA:** Strength Training for the whole body choreographed to the music
- **YOGA DANCE / NIA style:** a beautiful movement class with cardiovascular conditioning
- **BARRE & MAT:** Ballet barre and Pilates mat work for muscular conditioning
- **BARRE CARDIO & CORE:** A results-driven workout that is fun and dynamic, strengthening and sculpting your body 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! **SILVER CARDIO DRUMMING:** A gentler version!
- **TEEN-FIT:** Cardio, muscle conditioning, flexibility in a fun workout designed for ages 13 – 15!

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
- **KRIPALU YOGA:** Combining breath and movement in a sequence of holding postures to build strength and flexibility and flow sequences to develop balance and agility. Modifications for all levels are given
- **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 MAT:** 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
- **TAI CHI:** A series of slow, graceful movements to emphasize posture, balance and mental focus
- **YOGA NIDRA:** A guided meditation for relaxation, breath awareness and stress management

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)

SPINNING (INDOOR CYCLING)

- **45 and 60 minute classes** taught by certified Spinning / Schwinn Cycle Instructors.
- **Gentle Spin:** 30 minute gentle ride / **X-Press Spin:** 30 minute ride
- **SpinTensity:** High Intensity Interval Training Ride
- **Spin & Core:** 45 minute ride with 15-20 minutes core or upper body sculpting exercises off the bike

MOBILITY IMPAIRED CLASSES held at satellite location THE LINDEN SENIOR CENTER IN WOODBRIDGE on TUESDAY & THURSDAY 11AM-11:45: 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