

# GROUP EXERCISE OCTOBER 2018 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 AM</b>							
<b>6:00 AM</b>							
<b>7:00 AM</b>		7-7:45 Classic Mat Pilates - Christina			7-7:45 Barre Amped - Loren	7:15-7:45 Xpress Strength - Beth	7:45-8:45 Hatha Yoga - Nancy B
<b>8:00 AM</b>			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	
<b>9:00 AM</b>	9-9:55 Zumba - Heather/April	9-9:55 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
<b>10:00 AM</b>	10-10:55 Pilates Mat - Allison	10-10:55 Pain Free Posture Yoga - Alan F	10-10:25 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
<b>11:00 AM</b>	11-12 Yoga - Sue D	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/Terri	
<b>4:00 PM</b>	12:15-1 Yoga Nidra - Meditation October 28 - Sue D		4-4:45 Dance & Barre - Suzanne				
<b>5:00 PM</b>		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		
<b>6:00 PM</b>		6-6:55 Yoga Basics - Alan F	6-7 Zumba - April	6-7 Total Body Conditioning - Maria	6-6:55 Zumba - Heather		
<b>7:00 PM</b>			6:15-7 Yoga Nidra - Meditation October 10 - Alison	6:15	7-8 Kripalu Yoga Form & 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 & 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
- **KRIPALU YOGA FORM & FLOW:** Combines breath and movement in a dynamic sequence of holding postures to build strength, flexibility and flow sequences to develop balance and agility. All levels welcome - modifications will be 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:** 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
- **YOGA NIDRA:** A guided meditation for relaxation, stress management and better sleep

### 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