

June Group Fitness Schedule Studios 1 & 2

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio #1	Studio #2 / Outside Patio / River Room	Studio #1	Studio #2 / Outside Patio / River Room	Studio #1	Studio #2 / Outside Patio / River Room	Studio #1	Studio #2 / Outside Patio / River Room	Studio #1	Studio #2 / Outside Patio / River Room	Studio #1	Studio #2	Studio #1	Studio #2
6-7am Balanced Yoga Flow VIRTUAL	↓	6-7am Yoga Flow VIRTUAL	↓	6-7am Breath Yoga Core VIRTUAL	↓	6-7am Yoga Basics VIRTUAL	↓	6-7am Yoga & Meditation VIRTUAL	↓				
7-7:55am Yoga Laura		7-7:45am Bosu & Ball Jen		7-7:55am Yoga Laura	7-7:45am Cycle Jen <small>meet at fitness desk</small>	7-7:45am PiYo Jen		7-7:55am Yoga Laura					
8-8:45am Studio Reserved	8-8:55am Zumba Mirna River Room	8-8:45 Zumba Gold Kim		8-8:55am Zumba Mirna		8-8:45 Zumba Gold Kim		8-8:55am Zumba Mirna		8-8:55am Yoga			
9:05-9:55am Heartstrong Fred	9-9:45am YACHT Club Laura	9-9:45am SilverSneakers Circuit Jen	9:15-10am Gentle Seated Yoga Sunny	9:05-9:55am Heartstrong Fred	9-9:45am YACHT Club Laura	9-9:45am SilverSneakers Circuit Jen	9:15-10am Gentle Seated Yoga Sunny	9:05-9:55am Heartstrong Fred		9-9:55am Zumba			
10-10:45am Studio Reserved	10-10:30am Fresh Air Stretch & Tone Laura Outside patio	10-10:30am AM Aerobics Fred	10-10:30am Balance for Everyone Mirna		10-10:30am Fresh Air Stretch & Tone Brent outside patio	10-10:30am AM Aerobics Fred	10-10:30am Cycle Express Jen		10-10:30am Fresh Air Stretch & Tone Laura Outside patio			10-11am Sit & Be Fit VIRTUAL	
10:45-11:30 am Cardio Drumming Mirna	10-10:45 ◊ PWRMoves & Circuit Fred/register studio 2	10:45-11:30am Cardio Drumming Mirna	Clogging 11am-12pm Avin (River Room)	10:15-11am Studio Reserved	10-10:45 ◊ PWRMoves & Circuit Fred/register studio 2	10:30-11:30am Studio Reserved	10:45-11:30am Cardio Drumming Mirna River Room	10:45-11:30 am Cardio Drumming Mirna	10-10:45 ◊ PWRMoves & Circuit Fred/register	11-11:45 ◊ Kid's Boxing Raphael			
12-12:30pm Studio Reserved	11:30-12:15pm Yoga Sculpt Laura	11:35-12:20pm Cardio Sculpt Jen	Ballet Basics 12:25-1:10pm Avin	11:35-12:20pm Kickboxing Jen	10:45-11:30 am Cardio Drumming Mirna River Room	11:35-12:20pm Bosu & Ball Jen	11:30-12:45pm Tai Chi Patrick		11:30-12:15pm Kettlebells Brent		12:30-1pm Kids & Family Yoga June 8 Only	1-1:45pm Boot 6 VIRTUAL	
12:30-1:15pm Dance & Drum Mirna		1:30-3:30pm Table Tennis			12:30-1:15 pm Yoga Max	1:30-3:30pm Table Tennis		12:30-1:15pm Dance & Drum Mirna		3-3:30pm Sit & Be Fit Back/Core VIRTUAL		3-3:30pm Yoga Strength VIRTUAL	
5-5:45pm Yoga Sculpt Laura	5-5:45pm Cycle Brent	5:15-6pm Yoga Sunny		5-5:45pm Yoga Sculpt Laura			5:15-6pm Zumba Tone Stephanie	4:30-5:15pm Yoga Sunny		3:30-4pm Sit & Be Fit Balance VIRTUAL			◊ Registration Required
6-7pm ◊ Cardio-Boxing Sylwia (register)		6-7pm Zumba Mirna		◊ 6-7pm Boxing Raphael (register)	5:45-6:30pm Yoga Max	6-7pm Power Tone Brent			5:15-6:30pm Tai Chi Patrick				
				◊ 7-8pm Boxing Raphael (register)									
Zumba & Margaritas Come party with us Sat June 15th, sign up ahead of time and bring your friends!		YACHT Club Experience our newest all inclusive well balanced workout!		Wednesdays 6-7pm Community Zumba - River Rooms		By Appointment: Staying STEADI - Falls Prevention Screening FREE for MEMBERS & PUBLIC over the age of 65 years		By Appointment: Fitness Orientation - Only for 125 LIVE Fitness Members, learn to create your own wellness routine. (4 Orientation Maximum)		By Appointment: Personal Training		By Appointment: Fitness Assessments - For members of all ages and fitness levels.	

Class Descriptions

Abs & Glutes VIRTUAL- Prepare to torch fat and sculpt a sexy booty and abs! Molly will guide you through this highly effective and easy to follow routine.
AM Aerobics- Low to Moderate impact, Varied intensity. Move your body through a gentle, but challenging cardio-dance/wellness class. Routines are choreographed to music, equipment may be used as well.
Axis VIRTUAL- Core based Strength training combined with cardio intervals designed to work the entire body. Moderate intensity
Boot VIRTUAL- body weight strength and HiiT workout(high intensity interval training)
Bosu & Ball- Body weight balance, flexibility and strength are the focus of this uniquely fun class. Low impact, moderate intensity
Cardio-Boxing- High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.
Cardio Drumming- Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective
Cardio-Sculpt- Moderate Impact, High Intensity, a balanced workout of alternating strength & cardio sets designed to keep your heart rate revved up.
Community Zumba- Moderate Impact, High Intensity. Everyone is invited, even future Members to enjoy this high intensity aerobic dance class. Class instruction may be executed in one or more languages.
Cycling- a cardio workout using stationary bicycles for fun and challenging drills such as timed speed bouts, hill climbs and intervals
Dance & Drum - Cardio drumming at it's finest! Learn more dance moves and really get in the groove
Easy Does It VIRTUAL- Short strength and flexibility workouts for those who are new to exercise and prefer light intensity
Everyday Yoga VIRTUAL- These sequences to help you learn how to strengthen and soften the body at the same time. Preparation is key and these yoga postures, meditations, breathing techniques, visualizations and affirmations, will build physical and emotional strength and flexibility.
Gentle Seated Yoga- Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.
Heartstrong- Dance, move and lift your way to better health Using principals of aerobic and strength classes to give you a complete workout. Moderate impact, low intensity
Intergenerational Classes- Varied impact, Varied intensity. Registration is required. Members and registered guests may bring children to these classes, but must follow all the guidelines related to supervised minors. Classes will focus more on body weight exercises and safe activities for participants of all ages.
Kettlebells- Moderate to High intensity. Strength training workout using kettlebells for resistance in all different ways.
Kickboxing- punches & kicks are built into combinations designed to move you in all directions. Building cardio strength and balance are the focus of this class. High/moderate intensity/impact
Mat Pilates VIRTUAL- A great introductory mat workout done entirely on the floor. Focus on core strength and posture. Low impact/moderate intensity
Mindful Morning flow- Yoga done with special attention to each participant creating the best possible outcomes. Low impact/ varied intensity
Pilates Fusion- Low impact, Moderate intensity. Principals of Pilates, Ballet, and Yoga this class works you through a full range of motion and encourages great posture and flexibility.
PiYo LIVE- Yoga & Pilates inspired movements at a fast pace. PiYo combines strength, flexibility and cardio for a calorie torching workout. Low impact, moderate/high intensity
PWR Moves&Circuit- Exercise integrating sports,fitness and more traditional gym activities such as strength, agility, balance, coordination and flexibility. Designed with Parkinson's in mind
Power Tone- A strength workout for the entire body using a loaded barbell as resistance. Low impact, moderate/high intensity
Sit and Be Fit- Virtual workout, Light intensity workouts seated in a chair, strength, flexibility, and coordination are the emphasis in these workouts
S. S. Circuit- Varied impact, Varied intensity. Standing, low-impact choreography followed by strength work with hand-held weights, elastic tubing with handles and a ball.
Sport VIRTUAL- These workouts are designed to work the entire body using short cardio bursts and resistance training
Strength Circuit - This workout is designed to build a stronger body using weights, bands, kettlebells, and bodyweight. Prepare to strengthen head to toe.
Fresh Air Stretch & Tone- A comprehensive toning workout, done outside in the fresh air, where each muscle group gets strengthened then stretched. This workout will leave you feeling lengthened and stronger
Table Tennis- Three tables will be available in the Fitness Studio for players to participate in open games.
Kick Punch Cardio- Mixed martial arts drills and combinations make for a fun, moderate intensity cardio workout
YACHT Club- Youthful And Committed to Healthy Transformation, a well-balanced combination of seated and standing strength, cardio, balance and flexibility training suitable for all fitness levels
Yoga Sculpt- Designed to help build strength, balance, and cardio endurance Using weights and combining strength training moves with a yoga sequence will challenge every muscle.
Yoga- Low impact, Varied intensity. Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.
Zumba Tone- An energetic dance workout incorporating light weights to build strength and endurance
Zumba Gold- A great cardio workout for active older adults, original Zumba moves at a lower intensity with songs from the 60s,70s & 80s plus modern hits!