

## Spring 2025 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
Strength	\$24.00	Tuesday	6:30pm-7:30pm	<p style="text-align: center;"><b><u>Mondays</u></b>            Mar 31st - April 28**            May 5th - May 26th            June 2nd - June 23rd</p> <p style="text-align: center;"><b><u>Tuesdays</u></b>            April 1st - April 29**            May 6th - May 27th            June 3rd - June 24rd</p> <p style="text-align: center;"><b><u>Wednesdays</u></b>            April 2nd - April 30th**            May 7th - May 28th            June 4th - June 25th</p> <p style="text-align: center;"><b><u>Thursdays</u></b>            April 3rd - May 1st**            May 8th - May 28th            June 5th - June 26th</p> <p style="text-align: center;"><b><u>Fridays</u></b>            April 4th- May 2nd            May 9th - May 30th            June 6th - June 27th</p>
		Thursday	9:15am-10:15am	
Cardio Mix	\$24.00	Monday	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
Gentle Fit	\$24.00	Monday	10:30am-11:30am	
		Tuesday	12:00pm-1:00pm	
		Wednesday	10:30am-11:30am	
		Thursday	12:00pm-1:00pm	
		Friday	10:30am-11:30am	
Gotta Dance	\$24.00	Wednesday	9:15am-10:00am	
Power Zone	\$24.00	Monday	6:15pm - 7:15 pm	
		Wednesday	1:15 pm - 2:00 pm	
Yoga	\$24.00	Monday	12:00pm - 1:00 pm	
		Wednesday	7:00 pm - 7:45 pm	

No Classes on Friday April 18th .

\*\* 5 week sessions \$30.00

## **Strength**

Strength workouts are super-effective in challenging yourself and making the most of your time. Move around the studio/gymnasium challenging your muscles and cardiovascular system to improve your mobility, strength, and stamina. This class consists of a warm-up, a mix of cardio, and strength training exercises. We may enhance your experience by adding hand weights. (Duration 60 minutes)

## **Cardio Mix**

Cardio Mix is a class with a mix of hi/lo cardio of at least 45 minutes in length. The cardio segment may include such elements as traditional cardio, athletics, boot camp or kickboxing exercises. The remainder of the class is spent on total body conditioning, strength and relaxation (Duration 60 minutes)

## **Gentle Fit**

Gentle Fit is a class designed specifically for the mature adult or those who are new to exercise. Recognizing the importance of exercise for maintaining a healthy and active lifestyle. Gentle Fit classes employ a variety of exercises and modalities to promote improved strength, endurance, balance and stability. The pace of movement and choice of exercises are designed to provide a workout that is both safe and effective. As with all Group Fitness classes we encourage all participants to challenge themselves by being mindful of the individual's unique fitness level and health profile. (Duration 45 minutes)

## **Power Zone**

Power Zone is a fusion fitness class that incorporates both strength training and cardio. This class uses weights, plyometric movements, timing, and tempo to burn fat, build muscle and boost metabolism. (Duration 45 minutes)

## **Gotta Dance**

Gotta Dance is a total body cardio and aerobic workout inspired by Latin and international music that mixes high intensity and low intensity moves resulting in a calorie burning dance fitness party.

## **Yoga**

Yoga classes can vary. A single class can take on various forms and represent each a different focus and set of characteristics with an emphasis on mental and physical well-being. Some may include concentration, deep breathing and physical poses that can promote a healthy mind, support heart health, increase flexibility, balance, strength and endurance. You can expect an experience that connects the mind, body and spirit. (Duration 45 min)