

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Deck Tent	8:00am Kathleen TABATA		8:00am Kim ZUMBA		8:00am Kathleen INTERVAL		
	9:30am Marissa BARRE - MAT		9:30am Rachelle TONE & SCULPT	9:30am Ashley YOGA FLOW	9:30am Marissa BARRE BURN	9:30am Angela CARDIO SCULPT	10:00am Cheryl YOGA FLOW
	Please pre-register for classes as studios now have occupancy maximums						
		4:45pm Cheryl YOGA FLOW	4:45pm Lynda TONE & SCULPT	4:30pm Stefanie TABATA			
	6:00pm Chris ZUMBA (BACK PARKING LOT)		6:00pm Chris ZUMBA (BACK PARKING LOT)		6:00p Tara RECOVERY YOGA		
Basketball Court	5:10am Nancy GROUP CYCLE		5:10am Emily GROUP CYCLE		5:10am Chantelle GROUP CYCLE		
	11:00am Marina CHAIR YOGA	9:30 am Veronica GROUP CYCLE		9:30am Angela GROUP CYCLE	11:00am Stacey CHAIR YOGA	8:00am Angela GROUP CYCLE	8:00am Melinda GROUP CYCLE
	4:30pm Stefanie GROUP CYCLE						9:30am Melinda BOOTCAMP
	6:00pm Stefanie TABATA	6:00pm Angela GROUP CYCLE	6:00pm Angela INSANITY	6:00pm Melinda GROUP CYCLE	6:00pm Kerry ZUMBA		
Virtual Studio Y ZOOM		8:30am Courtney BODYSULPT		8:30am Courtney BODYSULPT		9:00am Veronica INTERVAL	
		6:30pm Veronica INTERVAL	9:45am Angela TABATA		9:45am Stefanie TABATA		
	To register for virtual classes, change the filter location to "Studio Y-Zoom"			Please bring a mat with you to class as these are no longer provided in class.			

GROUP EXERCISE SCHEDULE

Effective September 21, 2020



STRENGTH TRAINING & CORE

TONE & SCULPT Tone and define every major muscle group in your body. This result driven class utilizes body bars, dumbbells, bands, exercise balls, toning balls and more. Great for all levels of fitness.

BODY SCULPT This result driven class utilizes just your body weight to tone and tighten every major muscle group.

CARDIO & STRENGTH CIRCUIT TRAINING

BOOT CAMP This workout burns fat and calories, and increases strength by targeting all major muscle groups. Challenge yourself by combining full-body resistance training with athletic-based and plyometric circuit training. This intense workout uses a variety of equipment and your own body weight for an efficient, easy-to-follow, and fun workout.

INSANITY Whip your body into shape with this revolutionary cardio-based total body conditioning workout based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

INTERVAL TRAINING Total body, results driven workout that includes a mix of high intensity bursts of exercise with moderate intensity recovery periods as well as muscle toning and building exercises.

TABATA Cardio and Muscle interval training using the Tabata technique. Twenty minutes of pure cardio intervals and twenty minutes of pure muscle intervals using weights, Gliding disks, resistance tubing, etc. A great way to burn fat and build lean muscle mass!

BARRE – MAT Strengthen and condition your muscles from head to toe with this barre-less barre method workout. This low-impact, full-body class incorporates traditional barre exercises as well as barre and pilates-inspired movements all on the mat. Exercises incorporate light weights, the pilates ball, the resistance band, and body weight exercises. New to barre? No worries! This is an all-levels class, so grab your mat and meet us at the barre!

BARRE BURN Add some sweat to your barre workout! This workout incorporates low-impact cardio bursts into traditional barre-style exercises for a full-body burn. Exercises will utilize some larger range of motion movements than a traditional barre class, as well as light weights and bodyweight exercises to get your heart rate up and your muscles working. Movement variations are offered so this class can be enjoyed by all levels.

CARDIO SCULPT A fun, high energy class that combines cardio exercises with muscle sculpting exercises - utilizing equipment such as dumbbells and your own body resistance. This class is designed to get your heart rate up while toning your muscles at the same time.

CARDIOVASCULAR TRAINING

GROUP CYCLE Come ride our Keiser M3 stationary bike to music for a full cardio workout. Participants are able to modify intensity.

ZUMBA® Ditch the workout, Join the party! Zumba mixes Latin and international rhythms and dancing to create a fun and energized class that everyone can enjoy, regardless of age or fitness level.

MIND & BODY

CHAIR YOGA A gentle yoga practice incorporating standing poses, seated poses, relaxation, breathing exercises, & meditation. Great for beginners, those with joint issues, and older populations.

YOGA FLOW A Vinyasa style of Yoga based on Hatha Yoga tradition. This class involves linking traditional Yoga poses together to create strength, flexibility, endurance and balance. This well-rounded class is safe and effective for most levels of fitness and ability.

RECOVERY YOGA A restorative yoga class designed to help those in Recovery from a Substance-Use Disorder. Beginning with a thought-provoking, optional discussion and moving into an easy-to-follow yoga practice suitable for all levels.

TAI CHI Tai Chi can be described as "Meditation in Motion". A derivative of martial arts, this class incorporates mindfulness and long flowing movements to create a gentle and effective workout. Benefits include muscle strength and endurance, better balance, joint health, and reduced stress.