

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Indoor Cycle 6:30-7:15 am <i>Sheri</i></p> <p>Yoga 8-8:45am <i>Lili</i></p> <p>Stretch, Move & Tone 9-9:45 am <i>Arielle</i></p> <p>POUND 10-10:45 am <i>Holly</i></p>	<p>Fit for All Ages 8-8:50am <i>Michele</i></p> <p>Zumba Gold (Outside) 9-9:55am <i>Shelia</i></p> <p>Yoga 10-10:50 am <i>Darby</i></p>	<p>Indoor Cycle 6:30-7:15am <i>Sheri</i></p> <p>Yoga 8-8:45am <i>Lili (sub)</i></p> <p>Full Body Workout 10-10:45 am <i>Holly</i></p>	<p>Yoga 8-8:50am <i>Lili</i></p> <p>Zumba Gold (Outside) 9-9:55am <i>Shelia</i></p> <p>Cardio & Core 10-10:55 <i>Michele</i></p>	<p>Indoor Cycle 6:30-7:15am <i>Sheri</i></p> <p>Yoga 8:00-8:50am <i>Lili (sub)</i></p> <p>Zumba Gold Toning (Outside) 9:00-9:55am <i>Shelia</i></p>
<p>Fit for All 5-6:10 pm <i>Michele</i></p> <p>Simply Steps 6:25-7:00 <i>Michele</i></p>	<p>Circuit in the Park (Outside) 5-5:50pm <i>Holly</i></p> <p><i>Jazzercise</i> 6-7pm <i>Kathy</i></p>	<p>30/30 Fusion 5-5:55pm <i>Michele</i></p> <p>Indoor Cycling 6:15-7:00pm <i>Donna</i></p> <p>Zumba (Outside) 7:00-7:45 pm <i>Jenna</i></p>	<p>Circuit in the Park (Outside) 5-5:50pm <i>Holly</i></p> <p><i>Jazzercise</i> 6-7 pm <i>Kathy</i></p>	<p>SATURDAY</p> <p>Yoga 8:30-9:30 am <i>Darby</i></p> <p><i>Jazzercise</i> 10-11 am <i>Kathy</i></p>



SCAN ME

Fees: Participants will be charged a \$5 daily drop-in fee for **inside and outdoor classes** until they have paid the equivalent of the \$30 monthly rate, or \$20 for annual Fitness Center members. Once a participant has met this threshold, they will not pay anything additional for that month.

Admission/Reservations: Admission to a Group Exercise Class is done in advance by reservation only via Eventbrite. Limited capacity of 20 people maximum. All participants will be screened at the Front Doors of the Community Center prior to class.

We will keep this format until we can open up classes to a higher capacity. When that time comes, we will be giving all members, that were active when we closed on March 18th, a free month to accommodate for the remaining time left on their pass when we closed.

Class Descriptions

Cardio & Core: This class focuses on elevating your heart rate and getting you feeling energized. Focusing on the ultimate fat burning zone while working on strengthen and toning your midsection. Your heart's health will thank you. This class is great for everyone's goals and skill sets.

Fit for All: 75 minutes of nonstop low impact movement for all fitness levels that will challenge all of your muscles. Starting with easy to follow cardio and moving to full body strength training then to core and ab work finishing up with long stretch moves incorporating yoga, Pilates and ballet. This class has it all for everyone!

Fit for All Ages: Join us in this low-impact, intense total body toning workout suitable for all levels of fitness. You will strengthen your body, improve balance, increase flexibility, and enhance your stamina. This class will help get you in the fat burning zone and will be followed by a relaxing full body stretch.

Full-Body Workout: This one hour overall body workout consists of warm up and conditioning exercises for all fitness levels. After a full body warm up, get ready to improve your coordination, body strength and cardio endurance.

Indoor Cycling – This class is a great cardiovascular workout, as well as upper body strength training, and stretching. Pedal through climbs, sprints, and other resistance challenges along to motivating music. All levels are welcome to join our friendly group. Remember to bring a towel and water bottle!

POUND®- Pound is an upbeat, energetic, full body workout! It combines drumming, cardio, strength training and conditioning into fat burning and toning class. Come ready to sweat, make noise, have fun and release your inner rock star. With this full body rockout workout, you'll get lost in the music and walk away with an incredible workout. This class is designed for all fitness levels.

Simply Steps: 35 minutes of easy to follow low to no impact step and dance patterns on the floor or on a step. Light cardio, high energy includes upper body exercises for a quick complete workout. Class suitable for all levels.

Stretch, Move & Tone: Deep stretching focused on lengthening & loosening tight muscles, improving circulation, relaxation, posture and increasing energy through a combination of rhythmic coordination, stability, flexibility & fun. Choreographed and taught by Arielle Giordano.

Two in One: Two classes in one-cardiovascular/ resistance training and a core workout all in one class. This class has it ALL

Yoga: Yoga combines stretching and posturing to help improve the mind-body connection. Have fun and relax as you improve your flexibility, inner strength and joints. This class is for everyone!

Zumba : A Latin-inspired dance fitness class designed for everyone. It is a cardio program that utilizes the principles of interval training through fun, easy-to-do dance moves that work the core muscles to help improve balance, stability, and movement.

Zumba Gold : This program is designed for participants with very little experience, individuals that have physical limitations or inactive older adults. The system was created to be easier than the basic Zumba class but just as much fun.

Zumba Gold Toning : The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness pro-gram for baby boomers as well as beginners.

30/30—Fusion: Low impact cardio exercises designed to get your heart rate up. This class will also include upper body strength and core training all mixed into one workout. Come for all or just one 30-minute segment. Appropriate for all fitness levels.

How to reserve your spot for class:

1. Open the QR Code reader or your camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen. Two things can happen when you correctly hold your smartphone over a QR Code.
3. The phone automatically scans the code. ... If necessary, press the link to the page.

