

july group fitness class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15 am Stretch Libby (Western)	6:00-6:45 am Spinning Express Stephanie	6:00-7:00 am Jump Force Amy K. (Selby)	6:00-6:45 am Spinning Express Amy K.	9:10-10 :10 am PowerBarz Kristin (Selby)	8:00-9:00 am Spinning Annie/Jill
10:45 -11:30 am SilverSneakers® MSROM* In-Fin (Selby)	9:15-10:15 am Forever Fit Jason (Selby)	9:15-10:15 am Power Barz Kristin (Selby)	9:15-10:15 am Forever Fit Libby (Selby)	9:15-10:15 am Stretch Libby (Western)	9:00-10:00 am Latin Hip- Hop Amy H. (Selby)
5:10-6:10 pm Step Challenge Jason (Selby)	9:30-10:30 am Spinning Jill/Cathy	10:45-11:30 am SilverSneakers® MSROM* In-Fin (Selby)	9:30-10:30 am Spinning Jodi	10:15-11: 15 am Latin Hip-Hop Amy H. (Selby)	10:15-11:15 am Power Barz Jason (Selby)
6:15-7:15 pm PowerBarz Jason (Selby)	12:00-1:00 pm PowerBarz Cecelia (Selby)	12:00-12:45 pm Spinning Express Jill	12:00-1:00 pm PowerBarz Cecelia (Selby)		
	6:35-7:35 pm PowerBarz Cecelia (Selby)	5:30-6:30 pm Basic Step Jim (Selby)	6:35-7:35 pm PowerBarz Cecelia (Selby)		
	6:35-7:35 pm Intro to Yoga Linda (Western)	5:30-6:30 pm Stretch Libby (Western)			
		6:35-7:35 pm Hip-Hop Kathy A. / Amy H. (Selby)			

About Group Fitness Offerings

Led by certified instructors and free to members, Group Fitness Classes offer a range of fun and challenging workouts. Options include water exercise, stretching, strength training, circuit training, cardio kickboxing, spinning and more. For a listing of water fitness classes, please see the Aquatics Class Schedule.

Beginning

Stretch: Emphasis is placed on improving individual flexibility and range of motion.

Forever Fit: Designed for ages 55+. Low impact aerobics, strength training, core conditioning and stretching.

Basic Step: 25 minutes of introductory step choreography with strength training and stretching.

Intro to Yoga: Designed for individuals who have little or no yoga experience. Basic yoga poses are practiced.

Intermediate

Sport Circuit: Fast paced circuit class involving callisthenic and plyometric drills. Class is outside, weather permitting.

Step/Bosu: A class that combines intense cardio bosu choreography with step aerobics.

Step Challenge: Advanced step choreography which includes plyometric training.

Jump Force: Fast paced interval training class, incorporating step moves using hand weights, cardio boxing, strength training and drills.

Step Interval: Step aerobics combined with strength training intervals

Advanced

Cardio Kickboxing: High energy choreography using punches, kicks, and combinations.

Cardio Kickboxing Circuit: Interval class involving circuit stations of punches and kicks

Instructor's Choice: 20 minutes of Cardio/ Strength/ stretch. Instructor chooses.

Spinning: High-energy cardio cycling class set to music.

Spinning Express: Same as spinning but shorter in duration.

Multi

Latin Hip- Hop: A fun, intense, easy to follow workout, fusing Latin dance and Hip Hop Dance.

Power Barz: Strength training class, using bars with plates combined with other strength training equipment.

SilverSneakers® MSRM*: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Hip-Hop: A fun, intense, easy to follow Hip -Hop routine

Step/Core: Intermediate Step and Core Class

* SilverSneakers® Muscular Strength & Range of Movement - SilverSneakers® is a registered mark of Healthways, Inc.