

# FEBRUARY AEROBICS SCHEDULE

| MONDAY        |                   |        |               |                            |         |
|---------------|-------------------|--------|---------------|----------------------------|---------|
| Group X #1    |                   |        | Group X #2    |                            |         |
| 5:30-6:30am   | Y-FIT             | Andy   |               |                            |         |
| 9:00-9:45am   | BODY SCULPT       | Nicki  |               |                            |         |
|               |                   |        | 11:00-11:45am | STRETCH & STRENGTH         | Dyanna  |
| 4:30-5:15pm   | BOUNCE AND TONING | Dyanna |               |                            |         |
|               |                   |        | 5:30-6:15pm   | BALLET FIT                 | Dyanna  |
| TUESDAY       |                   |        |               |                            |         |
| 5:30-6:30am   | Y-FIT             | Andy   | 9:00-9:45am   | SLOWROBICS & STRETCH       | Terrie  |
|               |                   |        | 10:00-10:45am | YOGA MOTION                | Terrie  |
|               |                   |        | 11:00-11:45am | GENTLE FLOW YOGA           | Terrie  |
|               |                   |        | 5:30-6:15pm   | BALLET BABY (2-4 yrs. old) | Jessica |
| WEDNESDAY     |                   |        |               |                            |         |
| 9:00-9:45am   | CARDIO/TONING     | Nicki  |               |                            |         |
|               |                   |        | 10:00-10:45am | BALLET FIT                 | Dyanna  |
|               |                   |        | 11:00-11:45am | STRETCH & STRENGTH         | Dyanna  |
| THURSDAY      |                   |        |               |                            |         |
| 5:30-6:30am   | Y-FIT             | Andy   |               |                            |         |
| 9:00-9:45am   | GROUP CIRCUIT     | Nicki  | 9:00-9:45am   | SLOWROBICS & STRETCH       | Terrie  |
| 10:00-10:45am | LOW IMPACT        | Terrie |               |                            |         |
| 3:45-4:10pm   | KID'S AEROBICS    | Dyanna | 11:00-11:45am | GENTLE FLOW YOGA           | Terrie  |
| 4:15-4:40pm   | KID'S AEROBICS    | Dyanna | 5:00-5:45pm   | HEALTH IN MOTION           | Dyanna  |
| 6:00-6:45pm   | STRENGTH & CARDIO | Amy    |               |                            |         |
| FRIDAY        |                   |        |               |                            |         |
| 9:00-9:45am   | BOUNCE AND TONING | Dyanna | 10:00-10:45am | BALLET FIT                 | Dyanna  |
|               |                   |        | 11:00-11:45am | STRETCH & STRENGTH         | Dyanna  |
| SATURDAY      |                   |        |               |                            |         |
|               |                   |        |               |                            |         |

**\*We do not supply Yoga Mats\***

**Make sure you are apart of the Remind App that will update you on class schedule changes**

**Ballet Baby-** This class can be started after two years old. It's a child's introduction to socialization and art through activities that assist in the development of that child. It improves various things including but not limited to: motor coordination, balance, memorization, imagination all while enhancing the child's learning ability. The class will feature children's songs and simple choreography.

**Ballet Fit-** This class does exercises on both the bars and on the mat. The results are surprisingly fast. Expect to burn those calories while sculpting your body.

**Body sculpt-** Strength training in group session consisting of body weight and free weight exercises to strengthen and build muscle.

**Bounce and Toning-** High-energy, high cardio and pure fun on a trampoline.

**Cardio/Toning-** A fun variation of exercises including lunges, squats, planks, and much more with a burst of cardio. Weights optional

**Gentle Flow Yoga-** This class offers nurturing, kindness, and compassion for the body. It is a softer approach to yoga designed with an emphasis on increasing flexibility and range of motion. The nature of it is a much slower and gentle pace. It utilizes poses and movement as a means of working muscles and joints in a way that avoids the risk of injury. This type of yoga can act as a beginning step into more challenging forms of yoga.

**Group Circuit-** Various exercises done by changing stations utilizing various equipment.

**Health in Motion-** In this class you will stretch, strengthen and tone your muscles in the correct way, while also improving your posture and balance. Join us today and live a healthier life!

**Kid's Aerobics-** Fun exercise that kids love that includes stretching, warmups, and fun games for working out. This 45-minute class features both indoor and outdoor exercise. Every class will be unique and keep the kids looking forward to the next class!

**Low Impact Aerobics-** This class promotes physical fitness but does not stress musculoskeletal tissues and joints. Dance and choreographed routines are combined with the versatility of strength training using light hand weights. This is a moderate intensity class designed to give a person a cardiovascular and muscle toning workout.

**Slowobics and Stretch-** A low impact implementation of aerobics where slow repetitious motions are used to accelerate your heart rate and give you a great workout while not putting major strain on knees, back and feet.

**Strength and Cardio-** Heart pumping class that incorporates all your body's major muscle groups.

**Stretch & Strength-** Stretch classes as the name suggests are all about setting aside dedicated time to stretch muscles. The class includes a series of stretches to help with flexibility, range of motion, balance, posture, and incorporates weight training for muscle strengthening.

**Y fit-** High intensity interval training and strength training using functional movements with added weight and speed.

**Yoga Motion-** This class is an invigorating yet gentle practice that blends vinyasa yoga with the strength training and core building of Pilates, and the non-stop action of cardio. It gradually tones and sculpts the body. Choreographed movement sequences are done to upbeat motivating music and are practiced in a steady flow. It has low impact and is adaptable to all ages and fitness levels.

**Street Jazz Aerobics-** Expressive dance style, stretching and isolation, choreography with music, beginner-friendly environment, flexibility and strength, fun and welcoming atmosphere.

**Hip Hop Aerobics-** Improve coordination, rhythm and self-expression, while building strength and stamina in a supportive environment. No experience is needed, just bring your energy and a love for music!