



Group Fitness Schedule

October

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Studio A		Cycling - Helen		Cycling - Helen			
7:00 AM	Studio B	Bootcamp - Anna		Bootcamp - Anna		Bootcamp - Laura		
7:00 AM	Studio C		Yoga - Kati		Yoga - Lindsey			
8:00 AM	Studio B						Bosu Cardio - Faye	
8:30 AM	Studio A	Cycling - Helen		Cycling - Sharon		Cycling- Miranda		
8:30 AM	Studio C			Power Yoga - Elisa				
8:30 AM	Gym		TRX - Helen		TRX - Helen			
8:30 AM	Fit Floor	Cross Training - Shirin		Cross Training - Shirin		Circuit Training - Susan		
9:00 AM	Studio B	Step - Terri	Bosu - Faye	Step - Terri	Bosu - Faye	Step - Terri	eLIGNABAR® - Faye	
9:30 AM	Fit Floor						Fitness 101 - Kasra	
9:30 AM	Studio C	Mommy and Me Yoga - Kati						
9:45 AM	Studio C			Feldenkrais - Sharon				
10:00 AM	Studio B	Strength 45- Terri	eLIGNABAR® - Faye	Strength 45 - Terri	eLIGNABAR® - Faye	Strength 45 - Terri	Stretch 30 - Faye	
10:00 AM	Studio C					Gentle Yoga - Kristy	Yoga - Leslie	
10:45 AM	Studio B	Kickboxing 45 - Karrin		Kickboxing 45 - Karrin		Kickboxing 45 - Karrin		
11:00 AM	Studio B		Stretch 30 - Faye		Stretch 30 - Faye			
11:00 AM	Studio C	Pilates - Lauren		Pilates - Claire		Pilates - Claire		
11:30 AM	Studio B	Strength Express- Karrin		Strength Express - Karrin		Strength Express - Karrin		
12:00 PM	Studio A		Cycling 45-Kathryn		Cycling 45 -Kathryn			
12:00 PM	Studio B	Bootcamp 45 - Miranda		Bootcamp 45 - Miranda		Bootcamp 45 - Miranda		
12:00 PM	Studio C	Power Yoga - Elisa	Yoga - Jean	Yoga - Kristy	Yogalates - Laura	Yoga - Lauren		
2:00 PM	Studio C			Gentle Yoga - Steph				
3:00 PM	Studio C						Systema - Mark	
4:00 PM	Studio C							Yoga - Penny
4:30 PM	Studio B	High Fitness 45 - Jerica						
5:15 PM	Studio B			Barre - Natalie				Barre - Natalie
5:30 PM	Studio B	Pain Free Posture - Dee	Bootcamp - Jess		Bootcamp - Jess			
6:00 PM	Studio C	Cycling - Virginia	Cycling- Don	Cycling- Virginia	Cycling - Don			
6:30 PM	Studio B				Pound-Jerica			
7:00 PM	Studio C		Yoga - Audrey		Yoga - Audrey			
		FREE - See Back	HITT	Cardio	Strength	Mind & Body	Add. Fee	

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced than others but this does not preclude a beginner from attending. Please notify the instructor before starting class to let them know if you are a first time student or beginner.

Step - 60 minutes of step - This is a straightforward serious workout that is guaranteed to give you the results you want.

Boot Camp - An effective, time-efficient workout blast for the time-starved participant. This workout builds lean fat burning muscle and torches calories with big multipurpose moves that work every inch of your body.

Zumba – This class contains a full array of Latin and exotic music flavors. The aerobic interval training method used combines fast and slow rhythms providing a large caloric expenditure and leaves you energized. You do not have to know how to dance to ZUMBA!!!

Kickboxing - Kicking and punching drills set to music for an interval style class that will boost your cardio fitness.

Bosu - Make use of every core muscle you have while utilizing the bosu for a total body cardio/strength/ core workout hour.

Express Classes - When you only have 30 minutes these classes will get the job done utilizing weights and other various equipment

Strength- 45 minutes to work all the squats lunges and crunches you can!

TRX - All level, high intensity, interval training class using the suspension trainer. Challenge yourself both on and off the straps in this total body workout.

eLIGNABAR® - A full body workout that utilizes the eLIGNABAR® suspension trainer. Challenge yourself both on and off the straps in this total body workout.

eLIGNABAR®– A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

Yoga – our instructors teach a variety of levels of flow; both hatha and vinyasa. Classes vary in difficulty. Please let the instructor know if you are new.

Gentle Yoga – A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Power Yoga – Yoga postures that strengthen overall balance, core, flexibility, and focus. All postures connected with the importance of breath and mindfulness.

Mommy & Me - Not exclusive to mommies, this class is an opportunity to bring those tiny tots along to experience mindfulness and hatha yoga that will deepen your connection to your body, breath, and child.

Yogilates- Connect your favorite pilates moves through yogaesce sequence and breath.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Barre -A unique workout using the standard ballet barre along with various other fitness equipment.

PainFree Posture - Using the **egoscue method** put your body into correct postural alignment through a series (menu) of exercises which will improve function, reduce compensations and return your body to its original functional blueprint.

Feldenkrais - This simple effortless movement class will free you from pain, increase your flexibility and mobility . The Feldenkrais Method brings you to a level of awareness where you LEARN where you are holding or creating effort, and how to let go.

Systema - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via the breath and being a martial art, utilizes strikes and weapons training to teach our body and psyche in such a way that allows us to identify distress and tension at the point it arises within our self and uncover our own huge potential for stress reduction, growth and rejuvenation within.

Tai Chi - Chi Gong - A smooth, flowing type of exercise which develops a greater sense of balance both physically and mentally.

Cycling– A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite.

Different workouts include all terrain, strength, endurance and speed techniques.

Circuit/Cross Training– Join our certified personal trainers for this intense one hour class. You will get a thorough workout using weight training, cardio, and balance focused exercises. It's also a great way to become familiar with the Fitness Center.

Stretch - Enjoy 30 minutes for a much needed stretch.

Masters Swim – An hour coached swim workout catering to all levels. Workouts are designed to help with aerobic conditioning, being especially helpful to triathletes and masters swimmers.

Fitness Floor 101 - The PC MARC offers an introductory fitness floor orientation! Learn how the different machines work, the different areas of the fitness floor, etiquette, as well as get answers to any questions you may have.

Monthly Free Classes

October:

Monday Kickboxing with Karrin at 10:45 am

Sunday Barre with Natatlie at 5:15 pm

November:

Monday High Fitness with Jerica at 4:30 pm

Thursday Apres Yoga with Audrey at 7:00 pm

December:

Tuesday TRX with Helen at 8:30 am

Thursday Pound with Jerica at 6:30 pm

January:

All Cycling classes