



	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15		Wake Up Workout Debbie		Wake Up Workout Debbie			
8:00	Cycle Kurt		Cycle Kurt			Cycle Sue	
8:30	Body Sculpt Lilly	NIA Dance Fitness Miriam	Body Sculpt Debbie	NIA Dance Fitness Miriam	Body Sculpt Karen	NIA Dance Fitness Nana	Yoga Flow Ralph
9:00		Cycle Kurt		Cycle Lilly			
10:00	Step Fit Kathy	Flex & Flow Kim S	Step Fit Kim S	Flex & Flow Kim S	Step Fit Gidget	HIIT Circuit Kathy/Karen	Step & Sculpt Sue
11:30		Pilates/Yoga Fusion Amy		Pilates/Yoga Fusion Amy	(12:00) Cycle Kurt		
12:30	Senior Fit Karen	Chair YogaFit Priya	Senior Fit Kathy	Chair YogaFit Priya	Senior Stretch Priya	Yoga Flow Amy	DanceFusion Janusz
2:30	Restorative Yoga Jennifer		Restorative Yoga Priya		Restorative Yoga Priya		Yoga Flow Michelle
4:30							
5:00	Cycle Sue		Cycle Christine				
5:30		DanceFusion Janusz		CardioPump Shirley			
6:00		Cycle AL		Cycle Ruben			
6:30	Yoga Flow Amy		Yoga Flow Michelle				

South End Aqua Schedule:

Aqua fitness classes are cancelled on days that it rains

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30	H2O Intervals Teri		H2O Intervals Teri		H2O Intervals Teri		
8:30		Deep Water Carol		Deep Water Naomi	(9:30) Aqua Fit Naomi		H2O Intervals Teri
11:30		Shallow H2O Karen	Shallow H2O Karen	Shallow H2O Debbie T			
6:00 PM	H2O Intervals Teri		H2O Intervals Teri				

Group Exercise - Class Descriptions

Body Sculpt: a total body muscle endurance and strengthening workout using a combination of hand-held weights and elastic resistance.

Cardio Pump: a cardio workout blending low impact, kickboxing and sculpting with light hand-held resistance.

Chair Yoga: a blend of strength, balance and yoga patterns done with the assistance the Resistance Chair.

Cycle: A fun foundational stationary cycle workout designed to develop a strong base of cardio endurance and cycling technique *appropriate for all level riders.

Flex & Flow: A fluid strength and mobility format that utilizes weights, bands, barre exercise, core and flexibility training for the ultimate muscle conditioning workout.

Dance Fusion: fun blend of pop, Latin and hip-hop style dance routines finishing with a dynamic body stretch. All levels welcome!

NIA Dance Fitness: a fun fluid, blend of modern dance, martial arts and low impact cardio patterns.

Pilates/Yoga Fusion: a Pilates floor style workout focused on improving posture, core strength and muscle balance along with lengthening and strengthening yoga patterns.

Restorative Yoga: a gentle blend of yoga postures and restorative breathing technique

Senior Fit: A blend of seated and standing strength, endurance and balance exercises design to address senior fitness needs done with the assistance of the Resistance Chair.

Step Fit: A cardio workout utilizing the step platform followed by body conditioning exercises.

Step & Sculpt: A blended cardio and strength workout utilizing the step platform and hand-held weights.

HIIT Circuit: a step class that uses 'HIIT' style interval and circuit training techniques to enhance metabolism, calorie burn and strength results.

Wake UP workout: start with a little Energizer cardio work your way into some strength and finish off with some core /stretch!

Yoga Flow: Hatha & Raja techniques emphasizing muscle strength, flexibility, posture and breathing.

*Bring your own exercise mat for any class that includes floor-based exercises (i.e. Yoga, Pilates, Body Sculpt)

Aqua Class Descriptions

Aqua Fit: a mix of deep and shallow water conditioning exercises (bring flotation device).

H2O Intervals: an advanced deep-water cardio interval workout (bring floatation device).

Shallow H2O: a strengthening and range of motion program done in chest high water.