



South End Schedule: JUNE 2022

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15		WakeUP Workout Debbie		WakeUP Workout Debbie			
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 Kurt	Cycle Kurt	Cycle Lilly	Cycle Kasey	(8:00) Cycle Sue	
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 Fusion Jennifer		Pilates Fusion Jennifer	(12:00) Cycle Kurt		
12:30	Senior Fit Karen	Chair YogaFit Priya	Senior Fit Kathy	Chair YogaFit Priya	Senior Stretch Priya	Yoga Flow Agnes	DanceFusion Janusz
2:30	Restorative Yoga Jennifer		Restorative Yoga Priya		Restorative Yoga Priya		Yoga Flow Michelle
5:00	Cycle Sue		Cycle Christine				
5:30	Low Impact Light Weights Shirley	Move & Groove Janusz	Low Impact Light Weights Shirley	Move & Groove Janusz			
6:00		Cycle AL		Cycle Ruben			
6:30	Yoga Flow Agnes		Yoga Flow Michelle				

South End Aqua Schedule

During rain, aqua fitness classes are cancelled

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.

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!

Low Impact with light weights: a cardio workout blending low impact, kickboxing and sculpting with light hand-held resistance.

Move & Groove: Release stress through dynamic stretch movements designed to build core strength while groovin to great fun music. All movements are uniquely designed for fun, while enhancing your ability to move freely, release stress, increase flexibility and build endurance. All levels are welcome.

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

Pilates 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.