

South End Group Exercise Schedule

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15	Rise & Ride Cycle Brenda	Wakeup Workout Debbie	Cycle Debbie	Wakeup Workout Debbie	Rise, Roll & Restore Debbie	(8:00) Cycle Sue	
8:30	Body Sculpt Lilly	NIA Dance Fitness Miriam	Body Sculpt Debbie T	NIA Dance Fitness Miriam	Body Sculpt Karen	NIA Dance Fitness Nana	Yoga Flow Ralph
9:00	Cycle Shelley	Cycle Kurt	Cycle Kasey	Cycle Lilly	Cycle Kasey		Cycle Shelley
10:00	Step Fit Kathy	Flex & Flow Kim S	Step Fit Kim S	Flex & Flow Kim S	Adv. Step Fit Janet	HIIT Circuit Kathy/Karen	Cardio Sculpt Sue
11:30		Pilates Fusion Jennifer	(12:00) Cycle Kurt	Pilates Fusion Jennifer	(12:00) Cycle Kurt		
PM							
12:30	Senior Fit Karen/Kim	Chair Yoga Priya	Senior Fit Kathy	Chair Yoga Priya	Senior Stretch Priya	Yoga Flow Agnes	Dance Fusion Janusz
2:30	Restorative Yoga Jennifer		Restorative Yoga Priya		Restorative Yoga Priya		Yoga Flow Michelle
4:30		Cardio Sculpt Sue		Cardio Sculpt Sue			
5:00	Cycle Sue	Ready, Set, Ride Brenda	Cycle Christine				
5:30	Super Circuit Kurt	Move & Groove Janusz	Low Impact Light Weights Shirley	Move & Groove Janusz			
6:00		Cycle AL		Cycle AL			
6:30	Yoga Flow Agnes		Yoga Flow Michelle	(7 PM) Power Yoga Nicolette			

Southend Aqua Schedule

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30	H2O Intervals Teri		H2O Intervals Teri		H2O Intervals Teri		
8:30		Aqua Fit Carol		Aqua Fit Naomi			H2O Intervals Teri
(10:00) 11:30	(10:00) Aqua HITT Carole H	11:30 Shallow H2O Sheri	(10:00) Aqua HITT Carole H	11:30 Shallow H2O Debbie T			
6:00 PM	H2O Intervals Teri		H2O Intervals Teri				

Aqua Inclement Weather Policy: Due to increased safety concerns all Aqua classes are automatically cancelled on days with heavy rain predictions, or actual rainy or drizzly weather.

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 Sculpt: A cardio and strength workout utilising the step platform and weights.

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

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

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

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

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 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.

Power Yoga: a fusion yoga class predicated on power (first half) & rejuvenation (second half). Starts 3/7.

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

Rise, Roll and Restore: 20 minutes of cardio followed by dynamic stretching and trigger point work using a foam roller and/or tennis balls.

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

Step Fit: A cardio workout utilizing the step platform followed by body conditioning exercises. Super Circuit: A fun and challenging circuit format including strength, cardio, core and more.

Super Circuit: a Fun cross fit blend of cardio, strength and body conditioning

Wake UP workout: start with a little energizing 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 floor-based exercises (i.e. Yoga, Pilates, Body Sculpt)

Aqua Classes

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

Aqua HIIT: a fun, high intensity, low impact water workout focusing on strength, endurance and flexibility of all muscle groups (bring flotation device).

H20 Intervals: an advanced deep-water cardio interval workout (bring flotation device).

Shallow H20: a strengthening and range of motion program done in chest high water.

