

SouthEnd Group Exercise & Cycle Schedule

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15	<i>Early AM Cycle</i> Brenda M	WakeUp Workout Brenda V	<i>Early AM Cycle</i> Brenda M	WakeUp Workout Brenda V	Recover and Restore Brenda V		
8:30	Body Sculpt Lilly M	NIA Dance Miriam N	Body Sculpt Debbie T	NIA Dance Miriam N	Body Sculpt Karen M	NEW Flex & Flow Daisy	Yoga Flow Ralph G
9:00	<i>Cycle</i> Shelley C	<i>Cycle</i> Kurt J	<i>Cycle</i> Kasey M	<i>Cycle</i> Lilly M	<i>Cycle</i> Kasey M	(8:00) Cycle Sue P	<i>Cycle, Sculpt</i> Shelley C
10:00	Step Fit Kathy Stevens	Flex & Flow Kim Stoneman	Step Fit Kim Stoneman	Flex & Flow Kim Stoneman	Cardio Dance Janet Liebl	HIIT Circuit Kathy S & Karen M	Core & More Sue P
11:30		Pilates Fusion Jennifer S	(12:00) Cycle Kurt J	Pilates Fusion Jennifer S	(12:00) Cycle Kurt j		
12:30	Senior Fit Karen M Or Kim S	Chair Yoga Priya R	Senior Fit Kathy S	Chair Yoga Priya R	Senior Stretch Priya R	Yoga Flow Agnes M	DanceFusion Janusz H
2:30	Restorative Yoga Jennifer S		Restorative Yoga Priya R		Restorative Yoga Priya R		NEW Yoga 1.5 Michelle
5:00	<i>Cycle</i> Sue P		<i>Cycle</i> Christine L				
5:30	Circuit Challenge Kurt J	DanceFusion Janusz H	NEW Yoga 1.5 Michelle	DanceFusion Janusz H			
6:00		<i>Cycle</i> Terri H		<i>Cycle</i> Lisa M			
7:00	(6:30) Restorative Yoga	Yoga Flow Nicolette G	NEW Flex & Flow Daisy	Yoga Flow Nicolette G			

SouthEnd Aqua Schedule

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

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 (4/26)

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

Cardio Dance: A low impact cardio workout using various blends of fun dance based moves.

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

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

Cycle, Sculpt & Stretch classes will include some light weight and dedicated stretching time.

Core & More: This class zeroes in on your core muscles along with building full body usable strength.

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.

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.

Recover & Restore - This class is designed to enhance your body's recovery, flexibility, and overall mobility, utilising yoga type movements as well as a variety of trigger point techniques.

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 a chair.

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

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

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

***Bring your own exercise mat:** For any floor-based exercises (i.e. Yoga, Pilates, Body Sculpt)

NEW Class Yoga1.5: all encompassing yoga experience for every level of participants including an hour of traditional yoga flow movement followed by extended restorative stretching.

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).

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

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