

South End Group Exercise Schedule

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15	Early AM Cycle Brenda M	Wakeup Workout Brenda V	Early AM Cycle Brenda M	Wakeup Workout Brenda V	Recover & Restore Brenda V		
8:30	Body Sculpt Lilly M	NIA Dance Miriam N	Body Sculpt Debbie T	NIA Dance Fitness Miriam N	Body Sculpt Karen	NEW Barre Motion Brenda V	Yoga Flow Ralph G
9:00	Cycle Shelley	Cycle Kurt J	Cycle Kasey M	Cycle Lilly M	Cycle Kasey M	(8 AM) Cycle Sue P	Cycle Sculpt Shelley C
10:00	Step Fit Kathy S	Flex & Flow Kim S	Step Fit Kim S	Flex & Flow Kim S	Cardio Dance Janet L	HIIT Circuit Kathy/Karen	Core & More Sue P
11:30		Pilates Fusion Jennifer S	(12:15 PM) Cycle Kurt J	Pilates Fusion Jennifer S	(12:15 PM) Cycle Kurt J		
12:30	Senior Fit Karen/Kim	Chair Yoga Priya	Senior Fit Kathy	Chair Yoga Priya	Senior Stretch Priya	Yoga Flow Agnes M	Dance Fusion Janusz H
2:30	Restorative Yoga Jennifer S		Restorative Yoga Priya R		Restorative Yoga Priya R		
5:00	Cycle Sue		Cycle Christine L				NEW (4 PM) Yoga+ Michella A
5:15	Circuit Challenge Kurt	NEW Flex & Flow Daisy S	New Yoga+ Michelle A	NEW Flex & Flow Daisy S			
6:00		Cycle Terri		Cycle Lisa			
6:30	Dance Fusion Janusz	Yoga Flow Nicolette G	Dance Fusion Janusz	Yoga Flow Nicolette G			

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 P					H2O Intervals Teri V
(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 Sheri			
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

NEW Class Barre Motion: a dynamic barre class that blends low-impact strength training with focused mobility exercises to enhance flexibility, improve joint range of motion, and build balanced functional strength. Blend of dance based stretching and strength work.

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 of a Chair.

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

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

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

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

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

*Bring your own exercise mat for any floor-based exercises (i.e. Yoga, Mat 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).

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.