

## Group Fitness Schedule

### Arcadia Branch

Spring 2019

| Monday   | Tuesday                                      | Wednesday  | Thursday                                      | Friday                                  | Saturday                               | Sunday |
|--|--|--|---|---|--|--------|
|  |  | <b>Kickboxing</b><br>Cheryl<br>6:15 -7:00          |   |   |  |        |
| <b>Step Intervals</b><br>Kim<br>8:45-9:45        | <b>Sculpt &amp; Tone</b><br>Jen<br>8:45-9:45 | <b>Fitness Medley</b><br>Karen<br>8:45-9:45        | <b>PIYO</b><br>Karen<br>8:45-9:45             | <b>Cardio Combo</b><br>Kim<br>8:45-9:45 | <b>Zumba™</b><br>Jessica<br>9:30-10:30 |        |
| <b>In the Middle</b><br>Anna Lisa<br>10:00-10:45 | <b>Pilates</b><br>Kristin<br>9:45am - 10:45  | <b>Baby Boot Camp</b><br>Kristin<br>10:00 - 11:00  | <b>In The Middle</b><br>Karen<br>10:00-10:45  | <b>POUND</b><br>Regina<br>9:45am -10:30 |  |        |
| <b>PACE</b><br>Anna Lisa<br>11:00-11:45          | <b>Chair Yoga</b><br>Janice<br>11:30-12:30   | <b>Movement Matters</b><br>Cheryl<br>11:15 - 12:00 | <b>PACE</b><br>Karen<br>11:00-11:45           | <b>Yoga Kids</b><br>Maria<br>4:30-5:30  |  |        |
| <b>POUND</b><br>Regina<br>5:00-6:00              |  | <b>POUND</b><br>Regina<br>5:00-6:00                |   | <b>Power Yoga</b><br>Maria<br>5:30-6:30 |  |        |
| <b>BURN</b><br>Kristin<br>6:00-7:00              |  | <b>Stronger</b><br>Kristin<br>6:00-7:00            | <b>Zumba Toning™</b><br>Gwynne<br>5:00 - 6:00 |   |  |        |
|  | <b>Yoga Flow</b><br>Janice<br>7:00-8:30      |  | <b>Yoga Flow</b><br>Janice<br>7:00-8:30       |   |  |        |



**Time Change**  
**Friday AM POUND is now at 9:45am**

Classes subject to change.  
Inform instructor of injuries or limitations.  
Call 539-2306 for all inquiries  
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**Sculpt & Tone:** Strength training, core and resistance exercises using weights, bands, yoga balls, body weight exercise and more! (B, I,A)

**Step Fusion:** 60 minutes of STEP with strength training for an overall total body workout. (I, A)

**Body Sculpt:** Using a variety of equipment and styles of exercise, you will sculpt your body and rev up your metabolism while improving your strength, balance, and flexibility.(I, A)

**Stronger:** The stronger interval workout is designed to increase your strength and endurance levels. Through the use of high intensity cardio drills combined with strength moves everyone will experience a workout that is challenging yet fun. (B, I, A)

**YOGA FLOW:** This multi-level class that accommodates beginners to more experienced students begins with breathing and centering, followed by a thorough spinal warm up. As students are guided through a flowing practice they are encouraged to stay connected to the breath and find ease of movement that suits their individual bodies. (B, I, A)

**Power Yoga:** This energetic form of yoga uses pranayama breath, linking every breath to a motion. It incorporates strength, flexibility, balance, and cardio. (I, A)

**In The Middle:** For all ages! This class is designed to tighten, tone, and improve balance, flexibility and endurance with the use of weights, balls, bands and low impact, mid-tempo cardio routines. (B, I)

**PACE:** (People with Arthritis Can Exercise) This fun interactive program utilizes general recreational exercises and activities to promote joint range of motion, flexibility, muscle strength and coordination. (B, I, A)

**ZUMBA:** A Latin inspired, dance fitness class that incorporates Latin and international music and dance movements to achieve a unique blended balance of cardio and muscle-toning benefits. (B, I, A)

**Cardio Combo:** A fun-packed hour that tightens and tones while melting away the pounds! This class incorporates a variety of exercises, step, aerobics and plyo drills (B, I, A)

**Fitness Medley:** This class mixes up resistance training and body weight exercises with high intensity intervals. You will be training to develop strength, stamina and agility AND have fun doing it! (B, I, A)

**BURN:** Feel the "burn" as you increase your strength, stamina and agility. This class incorporates a variety of exercise formats to help you achieve your best "you": resistance training, intervals, cardio, plyometrics and more. (B, I, A)

**Pilates:** Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises.(B, I, A)

**PIYO:** A nonstop combination of Pilates and power yoga designed to tone and sculpt. (B, I, A)

**H.I.I.T.Circuit:** A full body circuit workout mixing challenging exercise with periods of rest and less intense exercise. Fun and unique moves designed to challenge your body! (I,A)

**Yoga Kids:** A playful class encouraging self-expression while improving strength, flexibility and coordination.

**Tai-Chi:** an ancient Chinese tradition practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**POUND:** An interactive cardio jam session using lightly weighted drumsticks. (B,I,A)

**Baby Boot Camp:** This fun class allows you to bring your baby up to age 2 and learn to workout with your child.

**Chair Yoga:** Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

**Zumba Toning:** Latin inspired dance fitness combined with small weights for additional challenge. (B,I,A)

**Movement Matters:** Dance based movement class geared for people with balance or neurological issues using chairs and standing based movements.

B=Beginner, I=Intermediate, A=Advanced