



Mystic Branch: Group Exercise Schedule

Fall I Session: August 28, 2017-October 22, 2017

MONDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:30AM - 7:30AM	Pilates	Low/Moderate Intensity	Noreen	Mezzanine
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Noreen/Nancy	Gym
8:00AM - 8:45AM	Senior Wellness	Low Intensity	Brittany	Mezzanine
8:30AM - 9:30AM	TRX	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
9:45AM - 10:40AM	Zumba toning	Moderate Intensity	Yolla	Mezzanine
10:45AM - 11:40AM	Stretch & Core	Low/Moderate Intensity	Yolla	Mezzanine
11:45AM - 12:45PM	*Tai Chi	Low Intensity	Onassis	Mezzanine
4:00PM - 5:00PM	*Enhance Fitness	N/A	Noreen	Mezzanine
5:30PM - 6:30PM	Cardio Sculpt	Moderate/High Intensity	Kim	Mezzanine
5:30PM - 6:30PM	Vinyasa Yoga	Moderate Intensity	Debbie	Multi-Purpose
6:00PM - 7:00PM	TRX Interval	High Intensity	Cheryl	Gym

TUESDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
8:00AM - 9:15AM	Flow Yoga	All Levels	Janice	Multi-Purpose
8:30AM - 9:30AM	*Enhance Fitness	N/A	Noreen	Mezzanine
9:00AM - 9:55AM	Strength & Conditioning	Low/Moderate Intensity	Yolla	Gym
9:30AM - 10:30AM	TRX Level 1	Moderate/High Intensity	Lauren	Gym
10:30AM - 11:00AM	Abs & Arms	Moderate Intensity	Tara	Gym
4:15PM - 5:15PM	Vinyasa Yoga	Moderate Intensity	Dorothy	Mezzanine
5:30PM - 6:25PM	Pilates	Low/Moderate Intensity	Dawn	Mezzanine
6:30PM - 7:25PM	Cross Conditioning	Moderate/High Intensity	Dawn	Mezzanine

WEDNESDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:30AM - 7:30AM	Pilates	Low/Moderate Intensity	Noreen	Mezzanine
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Noreen/Loren	Gym
8:00AM - 8:45AM	Senior Wellness	Low Intensity	Brittany	Mezzanine
8:30AM - 9:25AM	Cross Conditioning	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Noreen	Mezzanine
11:45AM - 12:45PM	*Tai Chi	Low Intensity	Onassis	Mezzanine
5:00PM - 5:55PM	Barre	Moderate Intensity	Dawn	Mezzanine
6:00PM - 7:00PM	Strong by Zumba	High Intensity	Brittany	Mezzanine

THURSDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:15AM - 6:15AM	TRX Interval	High Intensity	Noreen	Gym
6:55AM - 7:55AM	Nei Kung	Moderate Intensity	Dr. Schwindt	Mezzanine
8:05AM - 9:20AM	Vinyasa Yoga	Moderate Intensity	Debbie	Multi-Purpose
9:00AM - 10:00AM	TRX Level 1	Moderate/High Intensity	Lauren	Gym
9:00AM - 9:55AM	Strength & Conditioning	Low/Moderate Intensity	Yolla	Gym
10:00AM - 11:00AM	TRX Level 1	Moderate/High Intensity	Lauren	Gym
10:45AM - 12:00PM	Senior Yoga	Low Intensity	Barbara	Multi-Purpose
11:40AM - 12:35PM	Barre	Moderate Intensity	Yolla	Mezzanine
5:30PM - 6:30PM	Vinyasa Yoga	Moderate Intensity	Debbie	Multi-Purpose
5:30PM - 6:30PM	Cross Conditioning	High Intensity	Brittany	Mezzanine



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FRIDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:30AM - 7:30AM	Pilates	Low/Moderate Intensity	Noreen	Mezzanine
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Noreen/Loren	Gym
8:30AM - 9:25AM	Cross Conditioning	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Noreen	Mezzanine
9:30AM - 10:25AM	Zumba	Moderate/High Intensity	Jill	Gym
10:45AM - 11:40AM	Stretch and Core	Low/Moderate Intensity	Yolla	Mezzanine
4:00PM - 5:00PM	*Enhance Fitness	N/A	Noreen	Mezzanine

SATURDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:00AM - 8:05AM	*Tri-Training	All Levels	Jen	Multiple
8:30AM - 9:45AM	Cardio Sculpt	Moderate/High Intensity	Kim	Mezzanine
9:15AM - 10:30AM	Vinyasa Yoga	Moderate Intensity	Debbie	Multi-Purpose
10:00AM - 11:00AM	Zumba	Moderate Intensity	Brittany	Mezzanine

SUNDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
9:45AM - 11:15AM	Mindfulness Yoga	Low Intensity	Pamala	Multi-Purpose
11:30AM - 12:30PM	Guided Meditation	Low Intensity	Pamala	Multi-Purpose

**STRENGTH
AND FUN
IN NUMBERS**
Group Exercise Classes



- *Indicates that registration is required & that there may be a program fee. Please contact Welcome Center in order to register.
- Registration opens 24 hours in advance for each spin class. Contact the Welcome Center to secure your spot, space is limited!
- The schedule is subject to change at any time due to Y events . Stay up to date by checking out our website or Facebook page.

Green signifies a lower intensity class

Blue signifies a moderate intensity class

Purple signifies a higher intensity class



Group Fitness Class Descriptions

Abs and Arms — 30 min express workout using stability balls, medicine balls, hand weights, & tubing. Focus is on strengthening arms and core.

Barre — A series of movements that strengthens and lengthens the entire body and promotes balance and stability. Includes a combination of functional strength and athletic movements in conjunction with the core conditioning principles of Pilates, ballet, and Yoga.

Cardio Dance—An exhilarating full body workout akin to Zumba but with wider musical options

Cardio Sculpt—This class combines cardio (Step & floor routines) and Body Sculpting in an interval format to give you an overall workout!

Cross Conditioning — Total body conditioning designed to burn calories, build strength and enhance your aerobic fitness in this athletic circuit class. This class combines skills, drills, running and alternate cardio and strength segments for a challenging workout.

***EnhanceFitness®** — Evidence based 16-week program which focuses on increasing cardiovascular endurance, strength, balance, and flexibility to help reduce arthritis symptoms.

H.I.I.T. Cardio Core— A high intensity interval type class with a focus on cardio, strength, and powerful core moves. Kickboxing, weights, stability balls, and other equipment may be used during this class to challenge your entire body. Exercises can be modified to your level of fitness.

Flow Yoga — Smoothly connect Yoga poses with mindful breathing to create strength, balance, and flexibility of the mind and body.

Guided Meditation — Guided relaxation and focusing exercises will help calm the mind, rebalance emotions, lower blood pressure/heart rate and boost the immunity. Guided Meditation is the easiest way to meditate and is appropriate for all levels of experience.

Mindfulness Yoga — Integrates a slow flow-based style of Yoga with Basic Mindfulness and conscious breath awareness to help calm the nervous system. A release of deep seated tension in the spine and an improvement in posture while re-balancing the mind/body connection.

Muscle Sculpt — Strength training: targeting all major muscle groups.

Nei Kung — A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

Pilates — Designed to take you from basic to advanced mat exercises that will increase your body's strength, flexibility and core stability.

Running Club — Outdoor running sessions for beginner/intermediate/advanced runners who want to start a running program and/or develop their running skills.

Senior Wellness — Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

Senior Yoga — Help improve balance and flexibility, with the aim of increasing overall health benefits.

Spin — An overall cardiovascular workout using the spin bikes that includes guided rides with a focus on climbing and riding at a pace that challenges and strengthens your mind and body.

Spin Intervals— Experience a full ride of hills, sprints and endurance intervals along with weight training off the bike. Experience the benefits of a cardio workout plus strength building in one class.

Step — Intricate choreography combinations for participants that are familiar with the basics of stepping.

Strength and Conditioning — A full-body muscle workout focused on functional strength, core conditioning, and flexibility.

Stretch and Core—A blend of stretches to lengthen and strengthen your muscles and core stability training designed to improve strength and suppleness.

Strong by Zumba—Music-Led High Intensity Interval Training (HIIT) that pushes you to achieve your most ambitious fitness goals using only your body weight.

Total Body Burn— A total body conditioning working the upper and lower body together to give you a great strength and cardio workout

***Tai Chi Chuan** — Slow balanced movements concentrated on developing internal power, increased circulation and overall harmony of the body.

***TRX Classes** — Suspension training that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability.

***TRX Interval** — Using the suspension training system along with quick transitions keeps your heart rate up and burning calories.

Vinyasa Yoga: One hour of Power yoga will appeal to people who are already quite fit, enjoy exercising, and want to work hard and work up a sweat. The focus is on building strength, becoming more flexible and balanced.

Zumbatoning —This class combines body sculpting moves with easy to follow dance steps to international and Latin music, creating a dynamic and exciting class.

Zumba —Come join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!