



Mystic Branch: Group Exercise Schedule

Spring II Session: April 24-June 18, 2017

MONDAYS

| TIME | | CLASS | LEVEL | INSTRUCTOR | LOCATION |
|-------------------|------------------|------------------|-------------------------|--------------|---------------|
| 5:15AM - 6:00AM | | Spin | All Levels | Jen | Spin Studio |
| 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 | Heather | Mezzanine |
| 8:30AM - 9:30AM | | TRX Interval | High Intensity | Cheryl | Gym |
| 8:50AM - 9:35AM | | Senior Wellness | Low Intensity | Lauren | Mezzanine |
| 9:00AM - 10:00AM | | Spin | All Levels | Kris-Anne | Spin Studio |
| 9:30AM - 10:30AM | | TRX Interval | High Intensity | Cheryl | Gym |
| 9:40AM - 10:30AM | <i>New Class</i> | Zumba | Moderate Intensity | Yolla | Mezzanine |
| 10:00AM - 10:55AM | | Muscle Sculpt | Moderate Intensity | Lindsay | Gym |
| 10:40AM - 11:35AM | <i>New Time</i> | Stretch and 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 - 6:25PM | | Cardio Sculpt | Moderate/High Intensity | Kim | Mezzanine |
| 5:30PM - 6:25PM | <i>New Class</i> | Flow Yoga | All Levels | Debbie | Multi-Purpose |
| 6:00PM - 6:45PM | | Spin | All Levels | Tim | Spin Studio |
| 6:00PM - 7:00PM | | TRX Interval | High Intensity | Cheryl | Gym |

TUESDAYS

| TIME | | CLASS | LEVEL | INSTRUCTOR | LOCATION |
|-------------------|--|-------------------------|-------------------------|------------|---------------|
| 5:45AM - 6:30AM | | Spin | All Levels | Nancy | Spin Studio |
| 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 | | Spin | All Levels | Tara | Spin Studio |
| 9:30AM - 10:30AM | | TRX Level 1 | Moderate/High Intensity | Lauren | Gym |
| 9:30AM - 10:45AM | | Step | Moderate/High Intensity | Marion | Mezzanine |
| 10:30AM - 11:00AM | | Abs & Arms | Moderate Intensity | Tara | Gym |
| 4:15PM - 5:15PM | | Flow Yoga | All Levels | Debbie | Mezzanine |
| 5:30PM - 6:25PM | | Pilates | Low/Moderate Intensity | Dawn | Mezzanine |
| 6:00PM - 7:00PM | | Spin | All Levels | Cheryl | Spin Studio |
| 6:30PM - 7:25PM | | Cross Conditioning | Moderate/High Intensity | Dawn | Mezzanine |

WEDNESDAYS

| TIME | | CLASS | LEVEL | INSTRUCTOR | LOCATION |
|-------------------|------------------|----------------------|-------------------------|--------------|-------------|
| 5:15AM - 6:00AM | | Spin | Open | Noreen | Spin Studio |
| 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 | Heather | Mezzanine |
| 8:30AM - 9:25AM | | Cross Conditioning | High Intensity | Cheryl | Gym |
| 8:50AM - 9:35AM | | Senior Wellness | Low Intensity | Noreen | Mezzanine |
| 9:30AM - 10:30AM | | Spin | All Levels | Dorothy | Spin Studio |
| 9:30AM - 10:30AM | | Zumba | Moderate/High Intensity | Jill | Gym |
| 9:35AM - 10:35AM | | H.I.I.T. Cardio Core | Moderate/High Intensity | Tara | Mezzanine |
| 11:45AM - 12:45PM | | *Tai Chi | Low Intensity | Onassis | Mezzanine |
| 5:00PM - 5:55PM | | Barre | Moderate Intensity | Dawn | Mezzanine |
| 6:00PM - 6:45PM | | Spin | All Levels | Kris-Anne | Spin Studio |
| 6:00PM - 7:00PM | | Cross Conditioning | High Intensity | Cheryl | Gym |
| 6:00PM - 7:00PM | <i>New Class</i> | Strong by Zumba | Moderate Intensity | Brittany | Mezzanine |



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THURSDAYS

| TIME | CLASS | LEVEL | INSTRUCTOR | LOCATION |
|-------------------|-------------------------|-------------------------|--------------|---------------|
| 5:15AM - 6:15AM | TRX Interval | High Intensity | Noreen | Gym |
| 5:45AM - 6:30AM | Spin | All Levels | Nancy/Pam | Spin Studio |
| 6:55AM - 7:55AM | Nei Kung | Moderate Intensity | Dr. Schwindt | Mezzanine |
| 8:05AM - 9:20AM | Flow Yoga | All Levels | Debbie | Mezzanine |
| 8:30AM - 9:15AM | Spin | All Levels | Kris-Anne | Spin Studio |
| 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 |
| 9:30AM - 10:45AM | Step | Moderate/High Intensity | Marion | Mezzanine |
| 9:30AM - 10:30AM | Spin | All Levels | Tara | Spin Studio |
| 10:30AM - 11:00AM | Abs & Arms | Moderate Intensity | Tara | 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 | Pilates | Low/Moderate Intensity | Judy | Mezzanine |
| 5:30PM - 6:30PM | Flow Yoga | All levels | Debbie | Multi-Purpose |

FRIDAYS

| TIME | CLASS | LEVEL | INSTRUCTOR | LOCATION |
|-------------------|----------------------------------|-------------------------|--------------|---------------|
| 5:15AM - 6:00AM | Spin | All Levels | Karina | Spin Studio |
| 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 | Heather | Mezzanine |
| 8:30AM - 9:25AM | Cross Conditioning | High Intensity | Cheryl | Gym |
| 8:50AM - 9:35AM | Senior Wellness | Low Intensity | Lauren | Mezzanine |
| 9:00AM - 10:00AM | Running Club | High Intensity | Kris-Anne | Meet in Lobby |
| 9:30AM - 10:25AM | Zumba | Moderate/High Intensity | Jill | Gym |
| 9:30AM - 10:30AM | Spin | All Levels | Cheryl | Spin Studio |
| 9:45AM - 10:40AM | <i>New Class</i> Total Body Burn | Moderate/High Intensity | Lauren | Mezzanine |
| 10:45AM - 11:40AM | Zumbatoning | Moderate Intensity | Yolla | Mezzanine |
| 10:45AM - 11:45AM | Beginner Spin (last Fri/mo.) | All Levels | Kris-Anne | Spin Studio |
| 4:00PM - 5:00PM | *Enhance Fitness | N/A | Noreen | Mezzanine |



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SATURDAYS

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

SUNDAYS

| TIME | CLASS | LEVEL | INSTRUCTOR | LOCATION |
|-------------------|-------------------|--------------------|----------------------|---------------|
| 8:00AM - 9:00AM | Spin | All Levels | Pam/Kris-Anne/Stacey | Spin Studio |
| 8:30AM - 9:25AM | Cardio Dance | Moderate Intensity | Judy | Mezzanine |
| 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

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. **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.

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

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

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

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.

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.

Zumaboning —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!