



Mystic Branch: Group Exercise Schedule

Summer II Session: July 17-August 13, 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
8:30AM - 9:30AM	TRX Interval	High Intensity	Cheryl	Gym
8:00AM - 8:45AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
9:40AM - 10:30AM	Zumba	Moderate Intensity	Yolla	Mezzanine
10:40AM - 11:35AM	Stretch and Core	Low/Moderate Intensity	Yolla	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

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 - 10:45AM	Step	Moderate/High Intensity	Marion	Mezzanine
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
8:30AM - 9:25AM	Cross Conditioning	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Noreen	Mezzanine
9:30AM - 10:30AM	Zumba	Moderate/High Intensity	Jill	Gym
9:45AM - 10:45AM <i>New Time</i>	Step	Moderate/High Intensity	Kim	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	Mezzanine
9:00AM - 9:55AM	Strength & Conditioning	Low/Moderate Intensity	Yolla	Gym
9:00AM - 10:00AM	TRX Level 1	Moderate/High Intensity	Lauren	Gym
10:00AM - 11:00AM	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
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	Moderate/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
8:00AM - 9:45AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
9:30AM - 10:25AM	Zumba	Moderate/High Intensity	Jill	Gym
9:45AM - 10:40AM	Total Body Burn	Moderate/High Intensity	Lauren	Mezzanine
10:45AM - 11:40AM	Zumbatoning	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			

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SUNDAYS

TIME	CLASS	LEVEL	LOCATION	INSTRUCTOR
8:30AM - 9:25AM	Zumba	Moderate Intensity	Mezzanine	IN-
9:45AM - 11:15AM	Mindfulness Yoga	Low Intensity	Mezzanine	Pa-

**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 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.

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.

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.

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

***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!