

Group Exercise Classes

- 1) Group exercise classes are **FREE** with Link membership.
- 2) Participants must be at least 14 years old.
- 3) Reserve your spot up to 2 hours before class.
 - You will receive a numbered card to show that you have checked-in.
 - Make sure the class instructor receives your card.
 - If you are taking consecutive classes please let the front desk attendant know so they can give you 2 different colored cards.
- 4) After class, please take a moment to clean, sanitize, and store any equipment that you may have used during class.



Weekly Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
	8:00 am Step & Tone		8:00 am Step & Tone		8:00 am Step & Tone	9:00 am Zumba
	9:00 am Bend & Snap ¹ Starts November 6		9:00 am Bend & Snap ¹ Starts November 8			10:00 am Pilates 1 st /3 rd TRX 2 nd /4 th
	10:30 am Exercise to Music ¹		10:30 am Exercise to Music ¹		10:30 am Exercise to Music ¹	11:00 am Yoga
1:15 pm Mat/Barre Pilates Starts November 12	6:00 pm TRX	6:00 pm Yoga	6:00 pm TRX	6:00 pm Belly Dancing ²		
2:15 pm Power Yoga Starts November 12		7:00 pm Zumba	7:05 pm Flow Yoga Starts November 8	7:00 pm Zumba		

¹ For seniors 55-up

² Belly dancing has an additional monthly fee

All classes are up to 50 minutes

Class Descriptions

Bend & Snap: This class is focused on Senior strength, balance and flexibility, but all are welcome to join. We will strengthen the core and limbs while amplifying the body's range of motion through stretch, tone, and balance. Side effects could be reduced pain, improved body awareness and injury avoidance due to proper movement principles.

Exercise to Music: designed for seniors and Medicare based programs. This class can still be challenging and rewarding. To double check that you are eligible for this class, please see the front desk before joining.

Mat/Barre Pilates: total-body, low-impact exercises for strength, postural alignment, and flexibility. This class is for anyone who wants to develop muscle tone and balance while utilizing effective equipment such as dumbbells, stability balls, bands, and the barre.

Pilates: Pilates is an all-level, low-impact system of movements based on Joseph Pilates' Classes work to use isolate muscle contractions and stretch to improve muscle tone, balance musculature, become more flexible and strong.

Step & Tone: This class offers a great cardio and strength workout. Creative and dynamic moves are incorporated in order to ensure a great caloric burn. Each session is perfect for improving cardio, toning muscles, and burning calories.

Tone & Flow: This class starts with a full body toning with exercises modified for beginners and those ready for the next level. You will use a variety of equipment to help shape your arms, legs, etc. Then the session will transition into yoga stretch and rejuvenation to cool down.

TRX: A unique and fun suspension training system. TRX benefits everyone from fitness beginners to advanced athletes. Your instructor will lead you through movements that challenge and build strength, mobility, flexibility, balance as well as core fitness. And yes, FUN is a big component of these classes!

Yoga: Inhale energy, exhale tension. Get ready to relax with some deep stretches where we learn how to use our breath to ease tension in our body.

Flow Yoga: a rhythmic blend of breath, movement, and varying yoga poses linked together in fluid sequences to develop holistic strength, flexibility, and well-being. This class is for anyone who wants to decrease stress and increase health.

Power Yoga: Elevate your mental and physical strength in our invigorating Power Yoga class. Harness the power within as we use our bodies for resistance, leaving you perspiring as you shed unclarity and build unwavering perseverance. Whether we're enhancing flexibility or endurance, join us for this empowering journey.

Zumba: Faster pace movement class built around incorporating Latin music with fun dance moves. Let this class take you away from boring exercise and work on improving your cardio and coordination. You do not have to be a dancer to get something out of this class.