

FITNESS SCHEDULE DECEMBER 2024



MONDAY

STRENGTH & CONDITIONING ≡
(Fitness studio) w/ Caroline 9:30 – 10:20 AM

GET FIT =
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

PILATES –
(Fitness studio) w/ Marissa 11:00 – 11:50 AM

MIDDAY EXERCISE –
(Fitness studio) w/ Marissa 12:00 – 12:50 PM

POWER HOUR BODY CHALLENGE ≡
(Fitness studio) w/ Tim 6:30 – 7:20 PM

CLASSICAL YOGA =
(Community Room) w/ Bakari 7:00 – 8:00 PM

TUESDAY

TAI CHI –
(Fitness studio) w/ Roberto 8:30 – 9:20 AM

HATHA YOGA =
(Fitness studio) w/ Rie 9:30 – 10:20 AM

PILATES PLUS = *
(Fitness studio)
w/ Elizabeth 10:30 – 11:15 AM

STRENGTH CLASS = *
(Fitness studio) w/ Elizabeth 11:30 AM – 12:15 PM

STRONG NATION BY ZUMBA
“LUNCH CRUNCH” =
(Fitness studio) w/ Bethany 12:30 – 1:20 PM

BREATHE STRONG ≡
(Fitness studio) w/ Tara 6:30 – 7:20 PM

FULL BODY HIIT ≡
(Fitness studio) w/ Enoch 7:30 – 8:20 PM

WEDNESDAY

TAI CHI –
(Fitness studio) with Roberto 8:30 – 9:15 AM

PILATES FUSION = *
(Fitness studio) w/ Jennifer 9:30 – 10:20 AM

AEROBICS W/ STRENGTH TRAINING =
(Gymnasium) w/ Ivy 10:00 – 10:50 AM

SIT 'N BE FIT –
(Fitness studio) w/ Sheila 11:00 – 11:45 AM

JUGGLING –
(Fitness studio) w/ Alice 1:30 – 2:20 PM

ZUMBA =
(Fitness studio) w/ Celeste 6:30 – 7:20 PM

PUNK ROPE =
(Community Room)
w/ Tim & Shana 7:00 – 7:50 PM

THURSDAY

SUNRISE YOGA =
(Fitness studio) w/ Rie 8:45 – 9:45 AM

FUNCTIONAL YOGA –
(Fitness studio) w/ Amrita 10:00 – 11:00 AM

MIDDAY MOVING MEDITATION – *
(Fitness studio) w/ Jennifer 12:00 – 12:50 PM

VINYASA/YIN YOGA =
(Fitness studio) w/ Clare 6:15 – 7:05 PM

HIIT STRENGTH ≡
(Fitness studio) w/ Tim 7:15 – 8:00 PM

FRIDAY

YOGA BASICS –
(Fitness studio) w/ Susan 9:30 – 10:30 AM

FITNESS FRIDAY'S =
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

YOUR BODY, TAKE CHARGE! –
(Fitness studio) w/ Sheila 11:00 – 11:50 AM

SATURDAY

STRETCH, FLOW, & RESTORE YOGA =
(Fitness studio) w/ Susan 10:00 – 11:00 AM

SHAKE YOUR SOUL –
(Fitness studio) w/ Ronni 11:00 – 12:00 PM

ZUMBA =
(Fitness studio) w/ Sophia 12:15 – 1:05 PM

SUNDAY

SUNRISE STRETCH –
(Fitness studio) w/ Liz 9:00 – 10:00 AM

BARRE =
(Fitness studio) w/ Corey 11:00 – 11:50 AM

ZUMBA =
(Gymnasium) w/ Celeste 12:30 – 1:15 PM

*Cancelled during Christmas week

GENTLE –
INTERMEDIATE =
HIGH INTENSITY ≡

Aerobics with Strength Training (Intermediate): Enjoy a low-impact cardiovascular workout.

Barre (Intermediate): Tone your body with a workout that combines ballet, Pilates, yoga, and strength training.

Breathe Strong (High Intensity): Challenge yourself with high-intensity interval training.

Classical Yoga (Intermediate): Strengthen your body with yoga and breathing practices.

Fitness Fridays (Intermediate): Enjoy a full-body aerobics and strength-training workout.

Functional Yoga (Gentle): Relax with a gentle yoga class.

Full Body HIIT (High Intensity): Challenge yourself with a cardio-focused workout with periods of high intensity bursts of exercise.

Get Fit (Intermediate): Join us for low-impact aerobics, followed by strength training.

Hatha Yoga (Intermediate): Strengthen your body through yoga postures and movement.

HIIT Strength (High-Intensity): Enjoy a cardio HIIT workout, along with strength training exercises.

Juggling (Gentle): Come ready to juggle for the first time or enhance your juggling skills.

Midday Exercise (Gentle): Get your body moving and your blood pumping.

Midday Moving Meditation (Gentle): Restore with breathwork and gentle stretches.

Pilates (Gentle): Sculpt and tone your body with core and leg exercises.

Pilates Fusion (Intermediate): Enjoy some barre, some yoga, and a lot of Pilates!

Pilates Plus (Intermediate): Challenge yourself with Pilates and strength exercises.

Power Hour Body Challenge (High Intensity): Torch some serious calories in this high energy class.

Punk Rope (Intermediate): Join us for a mash-up of jump rope, bodyweight training, and fitness games.

Shake Your Soul (Gentle): Energize your body and awaken the soul through a dance routine to world music.

Sit 'N Be Fit (Gentle): Stretch and strengthen your body.

Strength & Conditioning (High Intensity): Challenge yourself with bodyweight exercises, weightlifting, and a core-strengthening mat workout.

Strength Class (Intermediate): Get a full-body workout, combining upper-body strengthening exercises with lower-body exercises.

Stretch, Flow, & Restore Yoga (Intermediate): Stretch, flow, and restore with yoga poses.

Strong Nation by Zumba "Lunch Crunch" (Intermediate): Push yourself using only body weight and moves similar to a HIIT workout.

Sunrise Stretch (Gentle): Start your morning off with some mindful movements to help you relax.

Sunrise Yoga (Intermediate): Wake up your body with stretches and sun salutations.

Tai Chi (Gentle): Enjoy a workout that promotes balance, strength, and flexibility.

Vinyasa Yoga (Intermediate): Enjoy a yoga workout that matches breathing with movement.

Yoga Basics (Gentle): Relax with breathing practices and yoga postures.

Your Body, Take Charge (Gentle): Move your body! Enjoy exercises all derived from dance.

Zumba (Intermediate): Have fun, tone, and sculpt your body, while grooving to Latin rhythms.